

Dietary fiber can help your colon and is an important part of the management of diverticulitis and irritable bowel syndrome (I.B.S.) It speeds the process of food passing through your digestive tract and promotes regular bowel movements. The increased ease of stool passage keeps the intestinal muscles in good shape and prevents the sluggishness that leaves stool sitting in the colon for long periods of time. This may help to prevent diseases of the bowel, including the formation of polyps, which when left unattended may lead to bowel cancer. Furthermore, fiber may bind with or dilute cancer-causing agents in some foods and help push them out of the body rather than allow them to be absorbed into the intestines.

What is fiber?

Fiber is the structural part of fruits, vegetables, and grains that your digestive system cannot digest or break down. Increasing fiber in the diet can be an important factor in improving your overall wellbeing. For instance, bran has been found to reduce blood sugar and to lower cholesterol. Bran has become a friend to the dieter as well. Because it's effective as part of an overall weight control program. Fibrous foods give you a sense of fullness because of the bulkiness of fiber. Fiber-rich foods require more chewing, so eating takes longer and you feel more satisfied sooner. Fiber has almost no calories because your intestinal system does not digest it.

What foods contain fiber?

Cereals, fruit and vegetables all contain some fiber (see the fiber and calorie chart.) Foods vary greatly in the amount of fiber they provide. Milk and its products, fats, meats, poultry, fish and eggs contain no fiber at all. The richest source of fiber is grains, such as cereals, but the fiber content varies depending on the milling and refining process of the product. Excellent high fiber cereals (about 30gms of fiber per cup) are All-bran, Bran buds, 100% Bran and Fiber one. Any of these in addition to millers or unprocessed Bran may be used in cooking and added to many already prepared foods.

How much Fiber do I need each day

Aim for 25-35 grams of fiber each day. But work up to it as your system tolerates it. If you are currently consuming little or no fiber in your diet, make the change gradually. Don't shock your intestinal tract. Introducing large amounts of fiber too fast may result in cramping, increased gas, or even diarrhea. If any of these occur, cut back on the portion of cereal you are eating, then slowly increase the amount until you can tolerate one cup a day, which will provide you with your fiber requirements.

What else can I do?

-Increase your fluid intake. Drink lots of water and some fruit juices. gradually. Don't shock your intestinal tract. Introducing large amounts of fiber, try to aim for 6-8 glasses of water a day. Since dietary fiber is somewhat sponge like, it absorbs water. Additional amounts of water are helpful in pushing the fiber along its course.

-Exercise a daily walk or run helps to promote bowel regularity.

-Do not overcook your vegetables, steaming and stir-frying are excellent in preventing the breakdown of beneficial fiber.

-Choose healthy snacks. Try eating an apple instead of drinking apple juice, the apple juice provides no fiber, but a raw apple can supply up to 3.5 gms of dietary fiber.

-High fiber snacks include popcorn, peanuts, fruits, and raw vegetables. Snacking in this manner not only increases your fiber intake, it also helps to cut calories.

Fruit and fruit juices

Food item	serving size	calories	fiber
Apple juice	½ cup	60	0
Unpared apple	1 small	50	2.1
	1 medium	75	3.3
Pared apple		72	2.7
Applesauce canned an unsweetened	½ cup	40	2.6
Apricots	2 medium	20	1.6
Apricots dried	¼ cup	60	7.8
Banana	½ small	40	1.6
	½ cup sliced	60	2.6
Blueberries	½ cup	39	2.0
Cantaloupe	¼	40	1.6
Cherries, sweet	10 large	30	1.2
	½ cup	39	2.0
Dates, dried	5	90	3.1
Fig	1 medium	30	2.4
Grape juice	½ cup	64	0.6
Grapefruit	½	64	0.6
Grapefruit juice sweetened	½ cup	65	0
Unsweetened	½ cup	60	0
Grapefruit canned, with syrup	½ cup	75	0.5
Grapes seedless	10	20	0.3
	½ cup	50	0.7

Honeydew melon	1 wedge(1/10)	30	1.3
Lemon	1 slice	0	0.5
Lemon juice	1 tbs.	5	0
Lemonade, frozen diluted	1 cup	105	0
Lyonees	5	50	0.3
Mango	1	120	3.0
Nectarine	1 medium	70	3.0
Olive	10 medium	50	2.1
Orange juice	½ cup	55	0
Orange	1 small	40	2.4
Oranges, mandarin	½ cup	55	0.3
Papaya juice	½ cup	71	0.8
Peach, unpared	1 small	30	1.4
Peaches canned and halves in Lt syrup	½ cup sliced	30	1.2
Pear, unpared	1 small	45	2.6
Pineapple	½ cup	35	0.9
Pineapple juice unsweetened	½ cup	70	0
Pineapple canned heavy syrup	½ cup	100	1.1
Plums	2 medium	10	0.4
Prunes uncooked	2 medium	20	2.0
Stewed unsweetened	½ cup	80	7.8
Raisins	2 tbs.	45	1.2
Raspberries	½ cup	15	4.6
Rhubarb stewed sweetened	½ cup	55	2.8
Strawberries	½ cup	20	1.7

Tangerine	1 medium	30	1.6
Watermelon	1 cup	42	0.4

Breads

Bread:

Cracked wheat	1 slice	55	2.1
Pumpernickle	1 slice	55	1.2
Raisin	1 slice	65	0.4
Rye	1 slice	50	1.2
White	1 slice	65	0.8
Whole wheat	1 slice	50	2.1
Oatmeal	1 slice	63	0.5
Pita	1 slice	123	0.4
Coffee cake	1 piece	230	0.7
Frankfurter bun	1	120	1.2
Hamburger bun	1	120	1.2
Hard brown	1	70	1.5
Hard white	1	70	0.8
Pancake	1	60	0.5
Roll, dinner	1	75	0.8
Rye wafers	3	65	2.3
Saltines	4 squares	50	0
Tortilla	1	45	0
Waffle, frozen round	1	120	0.7

Cereals

100% Bran	1/2cup(1oz)	76	8.4
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Barley, peeled uncooked	¼ cup	180	3.3
Bran chex	2/3 cup	91	4.6
Corn Bran	2/3 cup	98	5.4
Crispy wheats n raisins	¾ cup	99	1.3
Fiber one	1/3cup	60	11
Frosted mini wheats	4 biscuits(1oz)	102	2.1
Grape nuts	¼ cup	101	1.4
Honey Bran	7/8 cup	97	3.1
Kelloggs 40% bran flakes	2/3 cups	90	4.0
Kelloggs bran buds	1/3	70	8.0
Crackling oat bran	½	110	4.0
Oatmeal, uncooked	1/3	105	1.9
White rice	½ cup	125	0.8
Wheatchex	2/3 cups	104	2.1
Whaeaties	2/3 cups	99	2.0
<u>Seeds and Nuts</u>			
Almonds, shelled	¼ cup	200	5.1
Filberts	10 nuts	90	0.8
Peanut butter, smooth	2tbls	200	2.4
Peanuts, roasted and salt	¼ cup	205	2.9
Spanish	20	50	0.7
Walnuts chopped	¼ cup	160	1.6
Halved	¼ cup	130	1.3

Vegetables

<u>Food Item</u>	<u>Serving size</u>	<u>Calories</u>	<u>Fiber</u>
Asparagus, boiled	4 medium spares	10	0.9
Cut, boiled	½ cup	15	1.1
Avocado	½ medium	240	2.2
Baked beans, tomato sauce	½ cup	155	8.8
Bean sprouts	½ cup	5	1.6
Beets, boiled	½ cup	35	2.1
Broccoli,boiled	½ cup	15	3.2
Brussel sprouts,boiled	½ cup	15	2.3
Cabbage, shredded,boiled	½ cup	10	2.0
Carrots:			
Sliced,boiled	½ cup	15	2.3
Raw	1 Medium	20	2.3
	6 strips	5	0.8
Cauliflower:			
Boiled	½ cup	5	1.1
Raw,sliced	½ cup	5	0.9
Celery,Raw	1 stalk	5	0.7
Raw,chopped	½ cup	5	1.1
Coleslaw	½ cup	60	1.7
Corn,canned,drained	1/3 cup	40	3.1
On the cob,boiled	1 ear(5" long)	155	5.9
Cucumber,raw	6 slices (1 OZ)	5	0.1
	1 small	5	0.6
Eggplant,peeled,diced,cooked	½ cup	15	2.5

Green beans, French cut,boiled	½ cup	5	2.0
Green pepper	2 rings	5	0.2
	1 medium	15	0.8
Kidney Beans	½ cup	110	7.3
Kidney beans,cooked	½ cup	100	9.3
Lentils,dried,uncooked	¼ cup	145	5.6
Lettuce	1/6 head	10	1.4
	6 med leaves	5	0.7
Lima Beans	½ cup	64	4.5
Mushrooms,raw,sliced/chopped	½ cup	5	0.9
Canned/drained	½ cup	20	1.8
Okra,raw	½ cup	15	2.6
Onions,raw,sliced	½ cup	15	0.7
Raw,chopped	1 tbsp	0	0.1
Boiled	½ cup	15	1.4
Spring or green	2 medium	10	0.9
Parsley,fresh,chopped	1 tbsp	0	0.3
Peas: green,boiled	½ cup	40	4.2
Dried,uncooked	¼ cup	143	8.4
Dried,split,uncooked	¼ cup	155	6.0
Pickles,dill	1 medium	5	1.1
Sweet	4 sliced	35	0.5
Potatoes:			
Baked w/skin	1 medium	130	3.0
Boiled/peeled	1 medium	105	2.7
Boiled/sliced	½ cup	60	1.6

French fried	10 strips	145	1.6
Potatoes,mashed,skim milk and butter			
	½ cup	125	0.9
Radishes	10 medium	10	0.5
Sauerkraut,solid/liq	½ cup	20	3.3
Spinach,boiled	½ cup	25	5.7
Sweet potatoes			
Canned,drained	1 cup	170	4.6
Boiled,peeled	1(5"long,2"diam)	130	3.5
Tomato juice	½ cup	25	0
Tomato sauce	½ cup	115	2.6
Tomatoes:			
Raw	1 medium	20	2.0
Canned/solid/liq	1 cup	51	2.2
Turnips,boiled & mashed	½ cup	15	3.2
Greens	½ cup(5sprigs)	5	0.6
Zucchini	½ cup	11	1.8
PASTA			
Egg noodles,boiled	½ cup	110	0
Rice:			
Brown	½ cup	97	1.0
Polished	½ cup	82	0.2
Macaroni	1 cup	144	1.0
Spaghetti:regular	1 cup	155	1.1
Whole wheat	1 cup	155	3.9