

Digestive & Liver Specialists of Houston

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High Fiber Diet

The high fiber diet can be used in the relief of symptoms associated with diverticulosis, hemorrhoids, constipation, colon cancer, Crohn's disease, high cholesterol, obesity, and irritable bowel syndrome. It does this by providing bulk in the diet and helps keep bowels regular. Diets should contain 20 to 30 grams of fiber per day.

Dietary Guidelines

- Drink lots of fluids—at least 8 (8 ounce) cups daily
- Increase fiber intake gradually—rapid increase may result in gas, cramping, bloating, or diarrhea
- Eat a variety of foods—do not completely rely on fiber supplements
- Chopping, peeling, cooking, pureeing, and processing may reduce fiber content
- Look for food labels on bread and cereal products that list whole grain or whole wheat as an ingredient
- Eat raw fruits and vegetables—they have more fiber than cooked or canned foods

Examples of High Fiber Foods to Enjoy

- Whole grain breads, muffins, bagels, pitas, rye bread, whole wheat crackers, whole grain or bran cereals, oatmeal, oat bran, grits, dry barley, wheat germ, whole wheat pasta and brown rice.
- All vegetables such as, asparagus, broccoli, cabbage, carrots, green beans, green peppers, onions, potatoes with skin, snow peas, spinach, squash, sweet potatoes, tomatoes and zucchini.
- All fruits.
- All beans and peas, such as garbanzo beans, kidney beans, lentils, lima beans, and split pea beans.
- All nuts and seeds such as almonds, peanuts (including peanut butter), brazil nuts, cashews, walnuts, and sunflower seeds.

Fiber Content of Foods

Goal – 20 to 35g per day

Serving Size		Grams of Dietary Fiber	Serving Size		Grams of Dietary Fiber
	Breads				
1 Medium	Bran Muffin	3	1/2 Medium	Fresh Avocado	2
1 Slice	Whole Wheat Bread	2	1/2 Cup	Cooked Green Beans	2
1 Slice	White Bread	1	1/2 Cup	Brussel Sprouts	2
1 Slice	Pumpernickel Bread	1	1/2 Cup	Cooked Eggplant	2
1 Slice	Rye Bread	1	1/2 Medium	Cooked Sweet Potato	2
1 Slice	Raisin Bread	<1	1/2 Cup	Raw Cabbage	2
4 Squares	Saltines	0	1/2 Cup	Raw Bean Sprouts	1
			1/2 Cup	Raw Lettuce	1
	Cereals & Pasta				
1 Ounce	General Mills Fiber One	12	1 Medium	Dill Pickle	1
1 Ounce	Kellogg's All-Bran	9	1/2 Cup	Mashed Potatoes	1
1 Cup	Whole Wheat pasta	5	10 Medium	French Fried Potatoes	1
1 Ounce	Kellogg's Bran Flakes	4	1/2	Fresh Tomato	1
1 Ounce	Post Fruit and Fiber	4	1 Stalk	Raw Celery	<1
1.4 Ounces	Kellogg's Raisin Bran	4	6 Slices	Raw Cucumber	<1
1 Ounce	Nabisco Shredded Wheat'n Bran	4	2 Rings	Green pepper	<1
1 Ounce	General Mills Raisin Nut Bran	3	1/2 Cup	Raw Onions	<1
1 Ounce	General Mills Cheerios	2			
1 Ounce	Post Grape-Nuts	2		Fruit and Nuts	
1 Ounce	Oatmeal	2	3.5 Ounces	Dried Figs	18
1 Ounce	Branmeal	4	3.5 Ounces	Prunes	8
1 Cup	Popcorn	2	3.5 Ounces	Raspberries	5
1 Ounce	General Mills Total	2	1/4 Cup	Almonds	5
1 Ounce	General Mills Wheaties	2	1 Medium	Apple (with Skin)	3
1 Cup	Pasta	<1	1 Medium	Banana	3
1 Ounce	Kellogg's Corn Flakes	<1	1/2 Cup	Blackberries	3
1/2 Cup	Cooked Brown Rice	<1	3	Dried Dates	3
1/2 Cup	Cooked White Rice	<1	1 Medium	Nectarine	3
1/2 Cup	Egg Noodles	0	1 Medium	Peach (with Skin)	3
			1/2 Cup	Roast Peanuts	3
	Legumes				
			1 Cup	Strawberries	3
1/2 Cup	Kidney Beans	9	1	Pear (with Skin)	2
1/2 Cup	Baked Beans	7	1/4 Cup	Cantaloupe	2
1/2 Cup	Navy Beans	5	10 Medium	Olives	2
1/2 Cup	Pinto Beans	5	1 Medium	Orange	2
1/2 Cup	Lentils	2	2 Tbsp	Smooth Peanut Butter	2
			1 Medium	Tangerine	2
	Vegetables				
			1/2 Cup	Walnut Pieces	2
1/2 Cup	Cooked Frozen Peas	4	1 Medium	Apricot	1
1 Medium	Baked Potato (with Skin)	4	10 Large	Cherries	1
1/2 Cup	Cooked Broccoli Tops	3	1/2	Grapefruit	1

1/2 Cup	Cooked Young Carrots	3	1/2 Cup	Pineapple	1
1/2 Cup	Cooked Corn	3	2 Tbsp	Raisins	1
			2 Medium	Plums	<1
			1/2 Cup	Orange Juice	0