

High-Fiber Diet

Why follow a high-fiber diet?

By incorporating a high-fiber diet into your lifestyle, you can help prevent and treat constipation. For some people, it may also help to lower blood cholesterol. A high-fiber diet provides 20 to 35 grams of fiber per day.

Dietitian name
Phone Number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- The foods that supply the most fiber are whole-grain breads and cereals, grains, fruits, and vegetables.
- As you add more fiber to your diet:
Do it gradually—too much fiber added too quickly may cause gas, cramping, bloating, or diarrhea.
Drink plenty of fluids—at least 8 cups every day.

NOTES:

SAMPLE MENU FOR A HIGH-FIBER DIET

BREAKFAST

Orange juice (½ cup)
Oatmeal* (1 cup) with
raisins* (2 tbsp)
Whole-grain toast* (2 slices)
with margarine (2 tsp)
and jam (2 tsp)
Milk (1 cup)
Coffee or tea

LUNCH

Split pea soup* (1 cup) with
whole-wheat crackers*
(4)
Hamburger (3 oz) on a
whole-grain bun* (1)
with mustard, ketchup,
sliced tomato, onion,
and lettuce
Fresh fruit salad* (½ cup)
Ice water

SNACK

Bran muffin* (1)
Pear* (1 medium)
Milk (1 cup)

DINNER

Tossed salad (1 cup) with
vinegar and oil dressing
(1 tbsp)
Broiled skinless chicken
breast (3 oz)
Herbed brown rice* (½ cup)
Steamed broccoli* (½ cup)
Whole-grain roll* (1) with
margarine (1 tsp)
Low-fat frozen yogurt (½ cup)
Coffee or tea

*Good source of dietary fiber

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Food Categories	Foods Recommended	Tips
BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day		
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin	Whole-grain breads, muffins, bagels, or pita bread Rye bread Whole-wheat crackers or crisp breads Whole-grain or bran cereals Oatmeal, oat bran, or grits Wheat germ Whole-wheat pasta and brown rice	Scan food labels for bread and cereal products listing whole-grain or whole-wheat as the first ingredient. Look for cooked and ready-to-eat cereals with at least 2 grams of fiber per serving.
VEGETABLES 3–5 servings each day		
Serving size = 1 cup raw leafy, ½ cup cooked or chopped, ¾ cup juice	All vegetables; in particular: asparagus, bean sprouts, broccoli, brus- sels sprouts, cabbage, carrots, cauli- flower, celery, corn, greens, green beans, green pepper, onions, peas, pota- toes (with skin), snow peas, spinach, squash, sweet potatoes, tomatoes, zucchini	Remember the peelings on fruits and vegetables contribute fiber.
FRUITS 2–4 servings each day		
Serving size = 1 medium, ½ cup chopped, ¼ dried	All fruits; in particular: apple, berries, grapefruits, mango, nec- tarine, orange, peach, pear Dried fruits, figs, dates, prunes, raisins	Eat raw fruits and vegetables; they have more fiber than cooked or canned foods or juice. Dried fruits are also good sources of fiber.
MILK, YOGURT, AND CHEESE 2–3 servings each day		
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	All	Dairy foods provide little fiber. Boost fiber by adding fresh fruit, whole- grain or bran cereals, nuts or seeds to yogurt or cottage cheese.
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or total 6 oz daily		
Serving size = 2–3 oz cooked; count 1 egg, ½ cup cooked beans, 2 tbsp peanut butter, or ¼ cup nuts as 1 oz meat	All beans and peas, in particular: garbanzo beans, kidney beans, lentils, lima beans, split peas, and pinto beans All nuts and seeds, in particular: almonds, peanuts, Brazil nuts, cashews, peanut butter, walnuts, sesame and sun- flower seeds All meat, poultry, fish, and eggs	Increase fiber in meat dishes by adding pinto beans, kidney beans, black- eyed peas, bran, or oatmeal. If you are following a low-fat diet, use nuts and seeds only in moderation.
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES		
	Popcorn, whole-wheat pretzels or trail mix made with dried fruits, nuts, and seeds Cakes, breads, and cookies made with oat- meal, fruit, and nuts	