

HIGH FIBER DIET

Purpose:

The diet high in food fibers and bulk promotes regular elimination and increases the volume of fecal excretions.

The high fiber diet is used in relieving the symptoms of diverticular disease, irritable bowel syndrome and for atonic constipation.

The amount of “fiber” in a diet is difficult to determine because many foods do not have fiber values identified.

Dietary fiber is plant material that is resistant to digestion by the human.

Traditionally fiber has been discussed in terms of “crude fiber” which is simply the residue after a sample is treated in the laboratory with a solvent of hot acid and hot alkali. This chemically inert residue is composed primarily of the lignin and most of the cellulose in the food being analyzed.

“Dietary fiber” includes all the components of a food that are not broken down by enzymes in the human digestive tract. Dietary fiber includes hemicelluloses, pectin substances, mucilages, and certain other carbohydrates as well as lignin and cellulose. Crude fiber values are determined from cellulose and hemicellulose only; therefore, meal patterns are based on dietary fiber levels.

Diet Principles:

1. The high fiber diet is a regular diet with emphasis on foods high in fiber and bulk.
2. Fluid intake should be increased to at least 6 to 8 cups per day with the use of the high roughage/high fiber foods.
3. Excessive roughage intake may interfere with nutrient absorption.
4. The diet may need to be restricted on an individual basis due to intolerance of specific foods. For example, gas forming vegetables.
5. Fermented dairy products, such as yogurt, buttermilk, and acidophilus, increase fermentation resulting in improved elimination.

Adequacy:

The national Research Council has not established recommended levels of fiber in the diet. However, a diet containing 10 grams of crude fiber or 35 grams of dietary fiber is considered a high fiber diet. The diet as listed in the meal plan contains the approximate nutritive values:

Calories	2980
Protein	98 gm
Fat	120 gm
Carbohydrate	375 gm
Fiber, crude	12 gm
Fiber, dietary	55 gm

HIGH FIBER DIET (continued)

SUGGESTED MENU PLAN

	Serving	Fiber Crude	Fiber Dietary
Breakfast			
Fruit	½ C.	.2	3.64
Cereal, whole grain/bran	½ C.	2.3	8.90
Breakfast Entrée	1	--	--
Bread/rolls, whole grain	2	.8	5.6
Margarine	2 tsp.	--	--
Jam or marmalade	1 Tbsp.	.2	.2
Milk, 2%	1 C.	--	--
Coffee or tea	1	--	--
Sugar	1 Tbsp.	--	--
Salt	1 packet	--	--
Lunch			
Vegetable soup/juice/salad	1 C.	1.2	4.1
Lunch entrée	1	--	--
Starch, unrefined	½ C.	.5	3.5
Dessert/fresh fruit	1	.6	2.3
Breads/rolls/crackers, whole grain	2	.8	5.6
Margarine	1 tsp.	--	--
Milk, 2%	1 C.	--	--
Coffee or Tea	1	--	--
Sugar	2 tsp.	--	--
Salt	1 packet	--	--
Dinner			
Vegetable soup/juice/salad	1 C.	1.2	4.1
Dinner entrée	1	--	--
Starch, unrefined	½ C.	.5	3.5
Vegetable	1 C.	2.0	5.2
Dessert/fresh fruit	1	.6	2.3
Bread/rolls/crackers, whole grain	2	.8	5.6
Margarine	1 tsp.	--	--
Coffee or Tea	1	--	--
Sugar	2 tsp.	--	--
Salt	1 packet	--	--

HIGH FIBER DIET (concluded)

Food	Emphasize	Minimize
Beverages:	At least 6 to 8 cups fluid a day: Coffee, tea, fruit drinks, skim/ Low fat milk, 2 cups daily and Buttermilk.	None.
Breads and Cereals:	Whole grains, bran.	Refined flours and cereals.
Desserts:	Those containing fruits, or Whole grain cereal.	Plain cakes, Gelatin, puddings, plain ice cream.
Fruits:	At least 3 servings daily: All Fresh, frozen, dried, or canned Fruits. All fruit juices.	None.
Meats, Fish, Poultry, Eggs, and cheese:	3 to 5 ounces of protein foods daily.	None.
Potatoes and Substitutes:	Brown rice, whole grain pasta, white and sweet potatoes.	None.
Sweets:	Jams, preserves, marmalades.	None.
Vegetables:	at least 4 servings daily: All Fresh, frozen, or canned vege- Tables. All vegetable juices.	None.
Miscellaneous:	Popcorn, small amount. Chunky Peanut butter, seeds, seasonings As desired.	Plain candy.

* Additional fluids must be taken during the day.

