

# High Fiber Diet



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

## Purpose:

A high fiber diet can be used in the prevention or treatment of various gastrointestinal, cardiovascular, and metabolic diseases and conditions including diverticular disease, irritable bowel syndrome, Crohn's disease, hypercholesterolemia and obesity.

## Description:

This diet generally emphasizes fiber rich foods including fruits, legumes, vegetables, and whole grain breads, cereals and other products made from whole grain. The recommended daily intake of fiber is 20-35 g.

## Helpful Hints:

Increased fiber intake should come from a variety of foods rather than from dietary fiber supplements to ensure adequate intake of vitamins, minerals and other nutrients. At least eight 8-oz glasses of water should be drunk with a high fiber diet in order to prevent dehydration.

Fiber intake should be increased gradually to avoid side effects such as abdominal distress, bloating, flatulence, cramps, and diarrhea. These effects are usually temporary and subside within several days; however if they persist, the fiber content of the diet should be reduced and you should talk to your doctor.

## High Fiber (5+ g)

### Starchy Foods

Fibread 1 slice

## Medium Fiber (2-4 g)

Bran muffin 1  
Small pumpernickel bread 1  
Rye bread 1 slice  
Whole-wheat bread 1 slice  
Whole-wheat bagel 1/2  
Whole-wheat matzo 1  
Whole-wheat past 1/2 cup

## Low Fiber (<2 g)

Plain bagel 1/2  
Baking powder biscuit 1  
Bread stick 2  
English muffin 1/2  
Hamburger bun 1/2  
Kaiser roll 1/2  
Matzo (6") 1  
Melba toast 4  
Plain dinner roll 1 small  
White/cracked wheat bread 1 slice

### Cereals

All bran 1/3 cup  
Bran Buds 1/3 cup  
Corn Bran 1/2 cup  
Fiber 1 1/3 cup  
100% Bran 1/3 cup

Bran Flakes (40%) 1/2 cup  
Grapenuts Flakes 1/2 cup  
Puffed wheat 1/2 cup  
Shredded wheat biscuit or bite size 1  
1/3 cup

Cheerios 3/4 cup  
Rice krispies 2/3 cup  
Special K 1 cup

### Cooked Cereal

Oat Bran 1/3 cup  
Red River 1 cup

Oatmeal 1 cup

Cream of Wheat 1 cup

### Cookies/Crackers

Rye crackers 1 triple

Graham wafers 3  
Oat cakes 2  
Triscuits 3

Arrowroot 3  
Social teas 4  
Soda crackers 6

### Pastas

Whole-wheat pasta 1 cup

Macaroni, noodles, spaghetti, cooked 1/2 cup

### Starchy Vegetables

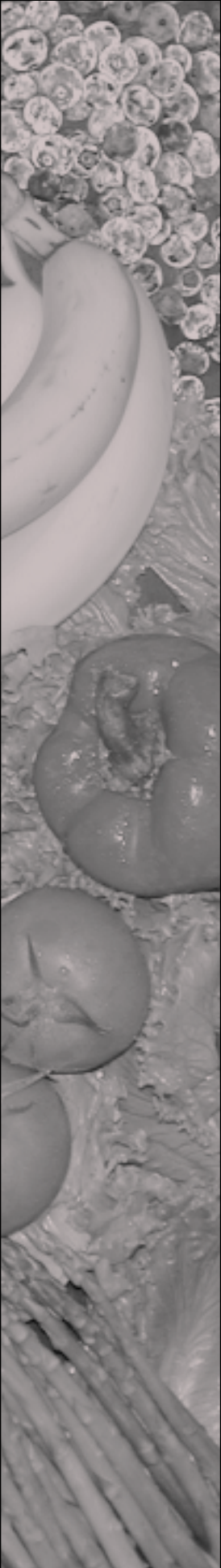
Dried beans, peas, legumes, cooked 1/2 cup  
Popcorn, air-popped 3 cups

Corn, canned whole kernel 1/2 cup  
Corn-on-the-cob 1 small  
Potato, whole, cooked, with skin 1/2  
Sweet potato, with skin 1/2

Corn, canned, cream 1/2 cup  
Potato, whipped, no skin 1/2 cup  
Potato, whole, no skin 1/2

Anything's possible.

**STRONG HEALTH**



### High Fiber (5+ g)

#### Fruits

Apple, raw with skin	1 med.
Blackberries	1/2 cup
Blueberries	1/2 cup
Figs/dates	10
Kiwi fruit	2 med.
Loganberries	1 cup
Mango	1 med.
Pear, raw	1 med.
Pears, canned	1 cup
Prunes, dried	5
stewed	1/2 cup
Raspberries	1/2 cup

### Medium Fiber (2-4 g)

Apple, raw, no skin	1 med.
Mango, raw	1 med.
Orange, raw	1 small
section	1/2 cup
Pear, raw	1 med.
section	1/2 cup
Raisins	2 tbsp
Rhubarb, cooked, stewed	1/2 cup
Strawberries	1 cup
Tangerine, raw	1 med.
canned	1/2 cup

### Low Fiber (<2 g)

Applesauce	1/2 cup
Apricots, canned	2 halves
Cantaloupe	1/2
pieces	1 cup
Cherries, canned	1/3 cup
raw	10
Grapefruit, raw	1/2
Grapes	1 cup
Honeydew melon	1 cup
Mandarin oranges, canned	1/2 cup
Peaches, raw	1 med.
canned	1/2 cup
Pineapple, raw	1 slice
canned	1/2 cup
Watermelon	5" triangle
pieces	1 cup

#### Juices

Prune juice	1 cup
Grape, apple, orange, grapefruit juice	1 cup
Tomato, vegetable-based	1 cup

#### Vegetables

Green peas, fresh, frozen, or canned	1/2 cup
Snow peas	10 pods
Swiss chard, cooked	1 cup
Bean sprouts	1/2 cup
Beans, string	1/2 cup
Broccoli, fresh, frozen or canned	1/2 cup
Brussels sprouts	1/2 cup
Carrots, raw	1/2 cup
Eggplant	1/2 cup
Parsnips	1/2 cup
Turnip, raw	1/2 cup
Vegetables, mixed	1/2 cup
Asparagus, cooked	6 spears
Cabbage, raw	1 cup
Cauliflower, raw	1/2 cup
Celery, raw	1/2 cup
Cucumber, raw	1/2 cup
Mushrooms, raw	1/2 cup
Onions, raw	1/2 cup
Pepper, raw	1 cup
Tomatoes, canned or raw	1 cup
Zucchini	1/2 cup

#### Nuts and Seeds

Almonds	1 oz
Peanut butter, smooth, crunchy	2 tbsp
Peanuts (15)	1 oz
Sesame seeds, whole, dried	2 tbsp
Sunflower seeds, with kernels	2 tbsp
Coconut	2 tbsp
Walnuts	2 tbsp