**High Fiber Diet**

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High fiber diets have many health benefits, including a decreased risk of heart disease, stroke, and type 2 diabetes. A high fiber diet is a commonly prescribed for constipation, diarrhea, and hemorrhoids. 25-35grams daily is recommended. Beans, grains, vegetables, and fruit are high sources of fiber.

**Definition of FIBER** — Fiber is the substance found in the outer layers of grains or plants, but fiber is not digested/absorbed in the intestines. This undigested characteristic of fiber makes gives it its cholesterol lowering ability. There are 2 types of fiber:

* Soluble fiber consists of a group of substances that is made of carbohydrates & dissolves in water. Food examples include: fruits, oats, barley, and legumes (peas and beans).
* Insoluble fiber comes from plant cells walls & does not dissolve in water. Food examples include wheat, wheat bran, rye, & other grains.
* Dietary fiber is the sum of all soluble and insoluble fiber.

**Health Benefits:** — The health effects of a high fiber are infinite.

* Improve regularity in stools
* Lower cholesterol levels
* Improve cardiovascular health
* Improve blood glucose levels
* Lower stroke risk
* Improve weight loss/Control appetite
* Increase Bone density

**FIBER SIDE EFFECTS** — Adding fiber to the diet can have some side effects, such as abdominal bloating or gas. This can sometimes be minimized by starting with a small amount and slowly increasing until stools become softer and more frequent.

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| **FRUIT** | **Grams of Fiber** |
| Apple | 4 |
| Banana | 3 |
| Blueberries, ½ cup | 2 |
| Cantaloupe, 1 cup | 1 |
| Grapefruit, ½ fruit | 2 |
| Grapes, 1 cup | 2 |
| Orange | 3 |
| Peach | 2 |
| Pear | 4 |
| Plum | 1 |
| Prunes, 10 dried | 2 |
| Raisins, 1/8 cup | 1 |
| Strawberries, ½ cup | 2 |
| Watermelon, 1 cup | 1 |
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| **FOOD** | **Grams of Fiber** |
| Bran muffins, | 5 |
| Oatmeal, cooked | 4 |
| White bread, 1 slice | 0.6 |
| Whole Wheat bread | 1.9 |
| Macaroni, 1 cup | 2.5 |
| Brown Rice, 1 cup | 3.5 |
| White Rice, 1 cup | 0.6 |
| Spaghetti, 1 cup | 2.5 |
| Almonds, 1 cup | 17.4 |
| Peanuts, 1 cup | 12.4 |
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| **Vegetable** | **Grams of Fiber** |
| Broccoli, ½ cup | 2 |
| Bake beans, | 13.9 |
| Carrots, ½ cup | 2.3 |
| Cucumber | 1.5 |
| Kidney beans | 13.6 |
| Lettuce | 1.5 |
| Lima beans, 1 cup | 11.6 |
| Okra |  |
| Potato, baked | 3.8 |
| Peas, 1 cup | 9 |
| Spinach | 0.7 |
| Tomato | 1.5 |

*USDA National Nutrient Database for Standard Reference. Available at* [*http://www.nal.usda.gov/fnic/foodcomp/search/*](http://www.nal.usda.gov/fnic/foodcomp/search/)

*“Your health is the most important thing you own second to your soul!!”*