

TIPS FOR INCREASING YOUR DAILY FIBER INTAKE

General Guidelines:

For people that have developed hemorrhoids, fissures, or fistulas associated with straining, hard stools and chronic constipation, the following information is intended to help you get the dietary requirements that you will need for your lifetime. It helps to keep a log/journal of all the items that you have eaten for breakfast, lunch dinner and any snack. Look up the calories and fiber content in the tables and see how close your diet comes to providing you with the daily requirement of 25-30 grams of fiber.

Top Twenty Fiber Foods:

1. Dried Beans, Peas and other Legumes. This includes Baked Beans, Kidney Beans, Dried Limas, Garbanzos, Pinto Beans and Black beans
2. Bran cereals- Raisin Bran, Cracklin Oat Bran, All-Bran
3. Fresh or Frozen Lima Beans
4. Fresh or Frozen green beans
5. Dried Fruit, figs, apricots and dates
6. Raspberries, Blackberries and Strawberries
7. Sweet corn- on the cob or off
8. Whole wheat and other whole grain cereal products. Rye, oats, buckwheat and cornmeal. Bread, pastas, pizzas, pancakes and muffins made with whole grain flours
9. Broccoli
10. Baked Potato with the skin- skin is the best part for fiber
11. Green Snap beans
12. Plums, Pears, and apples
13. Raisins and Prunes- not as high on the list as dried fruits but still valuable
14. Greens- including spinach
15. Nuts, especially almonds, peanuts and walnuts (consume these in moderation due to their high fat content)
16. Cherries
17. Bananas
- 18 Carrots
19. Coconut (dried or fresh- both have high fiber)
20. Brussel Sprouts

Supplements:

Another method of incorporating fiber into ones diet is by adding it thru commercial sources. Products such as Metamucil and Citrucel are very good sources of fiber and ultimately less hassle. One tablespoon a day provides 15 grams of the recommended 25-30 grams daily. It is important to remember that these products are not laxatives but fiber substitutes. It is imperative that you take them regularly and not just when you are constipated. If you have any questions please feel free to call our office.

