



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

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High Fiber Diet

The importance of fiber:

Fiber promotes the contractions that keep the food moving through your intestine. Foods that are high in fiber help ease the passage of waste. Fiber can also help you with the following problems Irritable Bowel and Diverticulosis.

1. Drink plenty of liquids, including fruit or vegetable juices and water. Drink at least six (6) cups of water or fluid daily.
2. Eat slowly. Chew your food thoroughly. This allows the saliva and digestive juices of the stomach, liver, and pancreas to break down food more easily. It may also help prevent problems from developing in the lower digestive tract.

High fiber foods include:

Grain Products:

- Whole grain breads, buns, bagels, muffins.
- Bran flakes, all bran, bran buds, corn bran, shredded whole wheat, 100% bran and fiber 1.
- Cooked cereals such as Red River, Oat Bran, whole grain oatmeal
- Whole – Wheat pastas.
- Whole grains such as barley, popcorn, corn, and brown rice.

Fruits:

- Dried fruits such as apricots, dates, prunes and raisins.
- Berries such as blackberries, blueberries, raspberries and strawberries.
- Oranges, apples with skin, avocado, kiwi, mango and pears.

Vegetables:

- Broccoli, spinach, swiss chard, green peas and other dark green leafy vegetables.
- Dried peas and beans, such as kidney beans, lima beans, black eyed peas, chick peas and lentils.

Nuts and Seeds:

- Nuts and seeds such as almonds, whole flaxseed and soy nuts.