

## MODIFIED FIBER DIET

### HIGH FIBER DIET

(High Bulk, High Residue or High Roughage)

**PURPOSE:** To provide a diet that contains increased amounts of cellulose, hemicellulose, lignin, pectin, gums and mucilages.

**USE:** High fiber diets are useful in the treatment of constipation and diverticular disease. High fiber diets may reduce the risk of bowel cancer, cardiovascular disease and aid in the control of weight and elevated blood sugar.

**NUTRITIONAL ADEQUACY:** The high fiber diet, if properly chosen, is usually adequate in all nutrients needed to meet the Recommended Dietary Allowances of the Food and Nutrition Board, National Academy of Sciences - National Research Council (1989).

The diet as listed in the sample menu contains approximately:

|              |      |           |      |    |
|--------------|------|-----------|------|----|
| Kilocalories | 1804 | Sodium    | 4252 | mg |
| Protein      | 103  | Potassium | 3644 | mg |
| Fat          | 51   | Fiber     | 36   | g  |
| Carbohydrate | 250  |           |      |    |

**DESCRIPTION:** This diet provides increased amounts of dietary fiber to increase the volume and weight of colonic residue, increase gastrointestinal motility and decrease intraluminal pressure. Regular, well-balanced meals with the emphasis on raw fruits, raw vegetables, whole grain and bran products provide the basis for the diet.

1. Dietary fiber should come from a mixed diet that includes fruits, vegetables and cereal grains rather than from a single source.
2. At least eight cups of fluid should be served each day to aid in the reduction of flatulence and to avoid constipation.
3. Low fiber foods such as meat, milk, eggs, etc., should be chosen to complete the adequacy of the diet.
4. Desirable fiber intake is 25-50 g per day. To reach this range, increasing amounts of fiber should be added to the diet slowly to avoid abdominal discomfort.
5. Maximum therapeutic benefits of fiber are obtained after several months of compliance.

## SUGGESTED MEAL PLAN AND SAMPLE MENU

### Breakfast

1 serving fruit/juice  
1 serving meat/meat substitute  
3 servings bread/cereal  
  
2 servings fat  
1 serving milk, 2%  
Beverage  
Condiments

### Lunch

2 servings lean meat/meat sub.  
1-2 servings vegetables  
  
3 servings starch/bread  
  
1 serving fruit  
2 servings fat  
Beverage  
Condiments

### Dinner

3 servings lean meat/meat sub.  
1-2 servings vegetables  
3 servings starch/bread  
  
1 serving fruit  
2 servings fat  
1 serving milk, 2% fat  
Beverage  
Condiments

### Breakfast

$\frac{1}{2}$  fresh orange  
1 egg, scrambled or equivalent  
 $\frac{3}{4}$  c bran flakes  
2 slices whole wheat toast  
2 tsp. margarine  
1 c 2% milk  
1 serving coffee  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
Sugar

### Lunch

2 oz. lean roast beef  
 $\frac{1}{2}$  c tossed salad  
 $\frac{1}{2}$  c broccoli  
 $\frac{1}{2}$  baked potato w/skin  
2 whole wheat rolls  
1 apple  
2 tsp. margarine  
1 serving iced tea  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
Sugar

### Dinner

3 oz. baked chicken w/out skin  
 $\frac{1}{2}$  c carrots  
 $\frac{1}{2}$  c lima beans  
2 slices whole wheat bread  
 $\frac{1}{2}$  c banana pudding  
2 tsp. margarine  
1 c 2% milk  
1 c coffee  
 $\frac{1}{4}$  tsp salt  
Pepper  
Sugar

## FOOD LISTS

| <u>Food</u>           | <u>Foods High in Fiber</u>  | <u>Foods Low in Fiber</u>   |
|-----------------------|---|---|
| Beverage:             | All beverages are low in fiber  | *   |
| Bread:                | Whole grain and rye bread and rolls, bran muffins, bran pancakes, rye crackers, pumpernickel.   | White bread, saltines, and graham crackers.   |
| Cereal:               | Whole wheat and bran cereals, unprocessed bran, oat bran, oatmeal, puffed wheat, shredded wheat.  | Refined wheat, corn, rice, oat cereals.   |
| Dessert:              | Fruit pies, fruitcake, desserts with nuts or coconut, fig bars, macaroons.  | Ice cream, pudding, cream pies, plain cake and cookies.   |
| Egg and Cheese:       | All are low in fiber.   | *   |
| Fat:                  | All are low in fiber.   | *   |
| Fruits:               | Raw and dried fruits: apples, bananas, berries, dates, figs, apricots, pears, oranges, peaches, raisins. Edible peelings should be eaten.   | Canned fruits, strained fruit juices, grapes, and watermelon.   |
| Vegetables:           | Artichoke, asparagus, beans (string), broccoli, brussels sprouts, carrots, beets, cauliflower, chicory cucumber, egg plant, greens (beet, collard, dandelion, kale, mustard, spinach, swiss chard, turnip), green pepper, kohlrabi, okra, rutabaga, soy bean sprouts, tomato, turnips, pumpkin. | Bamboo shoots, bean sprouts, cabbage, celery, endive, lettuce, mushrooms, onions, parsley, radishes, summer squash, vegetable juice, water chestnuts, watercress. |
| Meat or substitute:   | Low in fiber.   | *   |
| Potato or substitute: | Dried beans, dried peas, lima beans, corn, sweet potatoes, white potatoes, whole wheat, pastas and brown rice. Edible peelings should be eaten.   | White rice, macaroni, noodles and other refined pastas.   |

| <u>Food</u>    | <u>Foods High in Fiber</u>   | <u>Foods Low in Fiber</u>                           |
|----------------|--|---|
| Salad:         | Those made with raw vegetables or fruits.                              | Those made with canned fruits, cheese or gelatin.   |
| Soup:          | Vegetable, green pea, soups.   | Broths, bouillons, soups made from low fiber foods. |
| Sweets:        | Candies with coconut, nuts, raisins, candied fruits, jams, preserves.  | Clear jellies, honey, sugar, plain candies.         |
| Miscellaneous: | Nuts (particularly hazel, brazil or macadamia nuts), coconut, popcorn. |   |

\*These foods contain little fiber but are recommended to meet nutritional requirements as indicated in the meal plan.

### REFERENCES

#### HIGH FIBER DIET

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