

HIGH FIBER DIET

Dietary fiber, commonly called bulk or roughage, is the residue of plant food, which is resistant to human digestion. Fiber is found in all parts of plants (leaves, roots, flowers, seeds, fruits, stems and bulbs).

Proper diet including fiber is helpful in promoting successful elimination (bowel movements) and makes for a softer stool. A high fiber diet is indicated for relief of symptoms associated with constipation, diverticular disease and irritable bowel syndrome.

Good health habits to practice daily:

- Drink 6 – 8 oz. Cups of water daily.
- Exercise each day (as recommended by physician).
- Get a sufficient amount of rest every day.
- Eat meals at regular times in a relaxed atmosphere.

Good sources of Fiber:

- Whole grain cereals, breads, crackers, muffins, ect, especially BRAN.
- Raw vegetables.
- Dried fruits, raw fruits with skins.
- Nuts, seeds, dried peas and beans.
- Prune juice.
- Add raw milled bran (2-3 tablespoons per day) to cereal, yogurt, casseroles, garnish on soups as a dessert topping, recipes such as piecrusts, cookies, and breads, etc.

Depending upon your condition, your physician may recommend a bulk fiber laxative such as Metamucil, Citrucel or Miralax.