



HIGH FIBRE DIET

High Fibre Diet

*CN Williams MD FRCPC Division of Gastroenterology,
Department of Medicine, Dalhousie University, Halifax, Nova Scotia*

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General information

Your doctor has prescribed a high fibre diet. Follow Canada's Food Guide when planning your meals to ensure a balanced diet. Pay particular attention to the two food groups that contribute fibre to your diet: fruits and vegetables, and breads and cereals. The following page contains lists of foods grouped according to the amount of dietary fibre that they contain. Fruits, vegetables, and starchy foods have been labelled as high, medium or low in fibre. The dietary fibre content is shown in grams/serving. To increase the fibre content of your diet, simply choose foods you enjoy from each of the lists and add up the grams of dietary fibre to a total of 30 g/day. By choosing foods from the high fibre lists you can eat less and still get the fibre you need in your diet. Note that you can estimate how much dietary fibre you are eating from these food lists. Be sure to drink plenty of fluid (at least eight glasses/day). Fluid helps the fibre work more efficiently in your digestive system. A word of caution: Everyone adjusts differently to the addition of fibre to the diet. You may notice some bloating and discomfort during the first few days. To help your system adjust better, please gradually increase the fibre in your diet over a period of three months.

Sample high fibre diet: 30 g of dietary fibre

Choose these foods along with appropriate choices from Canada's Food Guide:

Fruits:

- High fibre: one serving x 4 g/serving = 4 g fibre
- Medium fibre: one serving x 2 g/serving = 2 g fibre
- Low fibre: one serving x 1 g/serving = 1 g fibre

Vegetables:

- High fibre: one serving x 4 g/serving = 4 g fibre
- Medium fibre: one serving x 2 g/serving = 2 g fibre
- Low fibre: one serving x 1 g/serving = 1 g fibre

Cereals:

- High fibre: two servings x 5 g/serving = 10 g fibre
- Medium fibre: three servings x 2 g/serving = 6 g fibre

Total = 30 g dietary fibre

Note: Introduce this diet change slowly over 12 weeks, increasing your fluid intake to six to eight glasses of water or fruit juices per day. You will notice that your stools will double in size and change in consistency to that of stiff toothpaste.

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High fibre foods

Fruits: Each of the following servings provides approximately 4 g of dietary fibre:

- Apple, with skin: one medium
- Apricots, dried: four halves
- Banana: one medium
- Blackberries: one-half cup (125 mL)
- Nectarine: one medium
- Pear, raw with skin: One medium
- Raspberries: one-half cup (125 mL)
- Rhubarb, stewed: one-half cup (125 mL)
- Strawberries: one-half cup (125 mL)
- Blueberries: One-half cup (125 mL)

Nuts: Nuts are high in calories and fat and should, therefore, be chosen only occasionally to add variety to your diet. Each of the following servings provides approximately 5 g of dietary fibre:

- Almonds: one-quarter cup (50 mL)
- Cashews: one-quarter cup (50 mL)
- Coconut, shredded: two tablespoons (30 mL)
- Peanuts: one-half cup (125 mL)
- Walnuts: three-quarter cup (200 mL)

Vegetables: One serving of high fibre vegetable is one-half cup (125 mL) unless otherwise specified. Each of the following servings provides approximately 4 g of dietary fibre:

- Broccoli
- Chard, Swiss
- Collards
- Corn: one small cob or one-half cup (125 mL)
- Peas, green
- Spinach, cooked
- Spinach, raw: one-half cup (250 mL)
- Vegetables, mixed

Peas and beans: Each of the following servings provides approximately 5 g of dietary fibre:

- Chili con carne: one cup (250 mL)
- Baked beans: one-quarter cup (62.5 mL)
- Beans, lima: one-cup (125 mL)
- Beans, kidney: one-half cup (125 mL)
- Chickpeas (garbonzo beans): one-quarter cup (62.5 mL)
- Lentils (cooked): one-half cup (125 mL)
- Split peas (cooked): one-half cup (125 mL)
- Dried peas or beans (cooked): one-half cup (125 mL)

Cereals: Each of the following servings provides approximately 5 g of dietary fibre:

- Bran, natural: four tablespoons (60 mL)
- Bran cereal
 - All Bran (Kellogg, Battle Creek, Michigan), Bran Buds (Kellogg), 100% Bran (Post, Battle Creek, Michigan): one-third cup (85 mL)
 - Cracking Oat Bran (Kellogg): one-half cup (125 mL)
 - Mueslix (Kellogg) and Alpen (Weetabix Limited, Northant, United Kingdom): five-eighth cup
- Bran muffin: one

Hints: Natural bran or bran cereal can be 'hidden' in foods and spread throughout the day. Use it as a binder in meatloaf or meatballs instead of bread crumbs; shake and bake your chicken, fish or meat in it; sprinkle it on soups, cereals, salads or casseroles; or add some to all homemade baked goods. Just remember to keep track of how much you actually eat!

Medium fibre foods

Fruits: Each of the following servings provides approximately 2 g of dietary fibre:

- Applesauce: one-half cup (125 mL)
- Apricots, raw: two medium
- Apricots, canned: three medium
- Cranberries, raw: one-half cup (125 mL)
- Dates, dried: four medium
- Figs, canned: three medium
- Figs, dried: one medium
- Orange: one medium
- Peach, raw: one medium
- Peach, canned: one-half cup (125 mL) or two halves
- Pear, canned: one-half cup (125 mL) or two halves
- Prunes, dried or stewed: two medium
- Raisins: three tablespoons (45 mL)
- Tangerine: one medium
- Kiwi: one
- Pineapple: one-half cup (125 mL)

Vegetables: One serving of a medium fibre vegetable is one-half cup (125 mL) unless otherwise specified. Each of the following servings provides approximately 2 g of dietary fibre:

- Beans, green string or yellow wax
- Beet greens
- Beets
- Brussels sprouts

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- Carrots: one medium
- Leeks: three medium
- Parsnips
- Squash, all types
- Turnip

Breads and cereals: Each of the following servings provides approximately 2 g of dietary fibre:

- Bread, 100% whole wheat, rye, bran: one slice
- Cereal, whole grain (Bran Flakes [Post], Raisin Bran [Kellogg], Grape-nuts [Post], Pep [Kellogg]): one-half cup (125 mL)
- Crackers, 100% whole wheat: four medium
- Granola: one-quarter cup (50 mL)
- Potato, with skin: one small
- Rice, brown (cooked): one-half cup (125 mL)
- Rolls, 100% whole wheat: one medium
- Shredded Wheat [Nabisco, East Hanover, New Jersey] or Muffet [Quaker Oats, Chicago, Illinois]: one biscuit
- Pasta, whole wheat: one serving

Hints: When choosing whole grain products, read the labels carefully. Choose only 100% whole wheat bread. Sixty per cent and cracked wheat or husky breads are made with blends of white flour and whole wheat flour. Start baking everything with whole wheat flour. Baked products will have a 'nutty' flavour and be heavier than those baked with white flour — experiment!

Low fibre foods

Fruits: Each of the following servings provides approximately 1 g of dietary fibre:

- Cherries, raw or canned: one-half cup (125 mL)
- Figs, raw: one medium
- Fruit cocktail: one-half cup (125 mL)
- Grapefruit: one-half medium
- Grapes: one-half cup (125 mL)
- Melon, cantaloupe or honeydew: one-quarter small melon or one cup (250 mL)
- Pineapple, raw or canned: one-half cup (125 mL)
- Plums, raw or canned: two medium

Vegetables: One serving of low fibre vegetable is one-half cup (125 mL) unless otherwise specified. Each of the following servings provides approximately 1 g of dietary fibre:

- Asparagus: four large spears or one-half cup (125 mL)
- Cabbage, white or red
- Cauliflower

- Celery: one large stalk or one-half cup (125 mL)
- Cucumbers: one-quarter medium or one-half cup (125 mL)
- Mushrooms
- Onion: one medium or one-half cup (125 mL)
- Pepper, green: one medium or one-half cup (125 mL)
- Pumpkin
- Radishes: 10 medium or one-half cup (125 mL)
- Sauerkraut
- Tomato, canned or stewed
- Tomato, raw: one medium
- Zucchini: one medium or one-half cup (125 mL)

Breads and cereals: Each of the following servings provides approximately 1 g of dietary fibre:

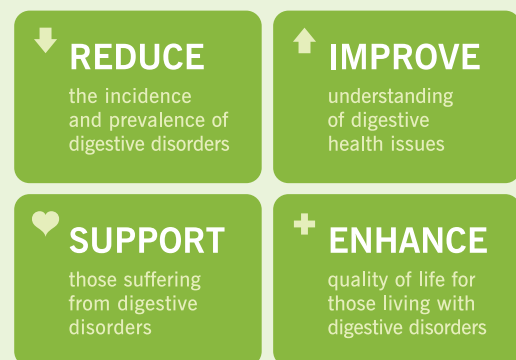
- Refined cereals Cheerios [General Mills, Minneapolis, Minnesota] or Special K [Kellogg], Rice Krispies [Kellogg], Corn Flakes [Kellogg]: one-half cup (125 mL)
- Cream of Wheat (Nabisco): one-half cup (125 mL)
- White bread or rolls: one slice or roll
- Pasta, white: one-half cup (125 mL)
- Cookies: two

ABOUT CDHF

Over 20 million Canadians suffer from digestive disorders every year. The Canadian Digestive Health Foundation believes this is unnecessary and unacceptable.

As the Foundation of the Canadian Association of Gastroenterology, we work directly with leading physicians, scientists, and other health care professionals to help you understand and take control of your digestive health with confidence and optimism.

Through research and public education, we aim to:



For more information about your digestive health, please visit www.CDHF.ca