

High Fiber Foods

Fiber is a necessary component of good health. Your daily intake of fiber should total between 25-35 grams. Fiber is found primarily in fruits, vegetables, whole grains and legumes. There is no fiber in meat or dairy, unless it has been added by the manufacturer.

Fiber rich foods are digested slowly and thus provide a feeling of fullness. Fiber is also needed for colon health, to carry waste out of the body and lower cholesterol.

There are two types of fiber: soluble and insoluble.

Soluble fiber is responsible for lowering LDL cholesterol and increasing fecal bulk. It is found in oat bran, oatmeal, beans, peas, barley, rice, and fruits.

Insoluble fiber is primarily responsible for slowing gastric emptying and can be found in most grains (primarily in their bran or “outer shell”) and vegetables.

You may notice changes in your bowel movements after gastric bypass or banding surgery. If you are having troubles with constipation try the following suggestions.

Avoid foods with no fiber:

Fried foods, chips, cookies, pastries, soda or sweet tea, creamed soups, gravies, biscuits, cheeses, ice cream, high fat meats such as chicken legs and wings.

Add foods high in fiber:

Fruits and vegetables, low sugar canned fruit, beans (black, red, pinto), pastas with added fiber, cereals, Fiber One® yogurt and cereal bars, and cereals.

A food is considered “high fiber” if it has 3 grams or more of fiber per serving. Make sure you consume plenty of water when eating fiber. Look for labels that read “whole grain” instead of “enriched wheat”.

Supplements:

If your doctor or dietitian has encouraged you to take a fiber supplement start slow! Adding too much fiber at once can cause some gastrointestinal discomfort. Taking a 3-5 grams dose of Fiber Sure®, Metamucil®, or Benefiber ® twice daily is a good start. Gradually increase to 5-7 grams per dose. Be sure to drink plenty of water, and participate in regular physical activity which also helps with alleviating constipation.

Calcium and iron supplements may also contribute to constipation.

High Fiber Foods

Fruit	Serving Size	Total Fiber (grams)
Pear	1 medium	5.1
Figs	2 medium	3.7
Blueberries	1 Cup	3.5
Peaches	3 halves	3.2
Apple, with skin	1 medium	4.4
Raisins	1.5 ounce box	1.6
Grains, Cereal and Pasta		
Spaghetti, Whole wheat	1 cup	6.3
Bran flakes	$\frac{3}{4}$ cup	5.1
Oatmeal	1 cup	4.0
Bread, whole-wheat	1 slice	1.9
Legumes		
Black Beans	1 cup	15
Baked Beans	1 cup	10
Almonds	24 nuts	3.3
Peanuts	28 nuts	2.3
Vegetables		
Potato	1 medium	4.4
Peas	1 cup	8.8
Brussels sprouts	1 cup	6.4
Carrots	1 medium	2.0