

1. Add fiber to your diet daily until you reach 25-35 grams per day. You should add fiber to your diet slowly to avoid increased amounts of gas or diarrhea. Stool should have the consistency of toothpaste.
  - **Rationale:** Fiber draws in fluid from your body to make the bowel movements soft but does not dehydrate you.
  - If you are unable to find the necessary fiber in foods, you may use over the counter supplements like Metamucil and Citrucel. Fibercon contains little fiber.
  
2. Drink 64 ounces of caffeine-free fluids every day in addition to fluids with meals. If you exercise or perspire heavily, you will need to add more caffeine-free fluids to your diet.
  - **Rationale:** Caffeine is a diuretic which pulls fluids from your body and excretes it as urine. For every 1 cup of caffeinated fluids, the Michigan Bowel Control Program recommends that you drink 2 glasses of de-caffeinated fluids.
  - Caffeine-free fluids stay in your system longer. This allows the fiber in the colon to absorb the fluid and therefore make your bowel movements soft.
  - You will become constipated if you consume enough fiber but **do not** consume enough caffeine-free fluids.

Types of Fiber

	Insoluble Fiber	Soluble Fiber
<b>Functions</b>	<ul style="list-style-type: none"> <li>• Move bulk through the intestines</li> <li>• Control and balance the pH (acidity) in the intestines</li> </ul>	<ul style="list-style-type: none"> <li>• Bind with fatty acids</li> <li>• Prolong stomach emptying time so that sugar is released and absorbed more slowly</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>• Promote regular bowel movements and prevent constipation</li> <li>• Move toxic waste through colon in less time</li> <li>• Help prevent colon cancer by keeping an optimal pH in intestines to prevent microbes from producing cancerous substances</li> </ul>	<ul style="list-style-type: none"> <li>• Lower total cholesterol and LDL cholesterol (the Bad cholesterol) therefore reducing the risk of heart disease</li> <li>• Regulate blood sugar for people with diabetes</li> </ul>

<b>Food Sources</b>	<ul style="list-style-type: none"> <li>• Vegetables such as green beans and dark green leafy vegetables</li> <li>• Fruit skins and root vegetable skins</li> <li>• Whole-wheat products</li> <li>• Wheat oat</li> <li>• Corn bran</li> <li>• Seeds &amp; Nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Oat/Oat bran</li> <li>• Dried beans and peas</li> <li>• Nuts</li> <li>• Barley</li> <li>• Flax seed</li> <li>• Fruits such as oranges and apples</li> <li>• Vegetables such as carrots</li> <li>• Psyllium husk</li> </ul>
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### Helpful Hints

- Gradually increase the fiber in your diet to minimize the amount of bloating you experience.
- Sit on the toilet only long enough to get the job done. Sitting on the toilet for long periods of time (i.e. reading the newspaper or the mail) puts extra stress on the pelvic floor muscles.
- *Recommendations for daily fiber intake:* 38 grams for men and 25 grams for women 50 and younger; 30 grams for men and 21 grams for women 51 and older.

### Examples of caffeine-free fluids

- Water, milk, juices, caffeine-free pop, caffeine-free coffee/tea, flavored water.

### Amount of Fiber and Calories in Common Foods:

<u>Beans</u>	<u>Serving</u>	<u>Calories</u>	<u>Fiber</u>
Black-eyed Peas	½ cup	99	2.92
Brown Peas	½ cup	120	8.43
Green/String Beans	½ cup	18	2.23
Kidney Beans	½ cup	120	6.43
Lentils	½ cup	116	6.00
Lima Beans	½ cup	90	4.50
Navy Beans	½ cup	122	8.57
Northern Beans	½ cup	122	8.57
Pinto Beans	½ cup	120	8.48
Red Beans	½ cup	120	8.48
Wax/Yellow Beans	½ cup	18	1.62
White Beans	½ cup	122	8.57
<u>Breads</u>	<u>Serving</u>	<u>Calories</u>	<u>Fiber</u>
Black Bread	1 slice	68	1.72
Bran Bread	1 slice	87	2.09
Cornbread	1 med. Piece	191	1.60
Cracked Wheat	1 slice	69	1.66
Graham Crackers	1 square	27	0.24
Multigrain Bread	1 slice	63	1.51
Pumpernickel	1 slice	68	1.72
Bread	1 slice	67	0.40
Rye Bread	1 reg.	13	0.12
Saltines	1 slice	69	1.66
White Bread			

<u>Grains</u>	<u>Serving</u>	<u>Calories</u>	<u>Fiber</u>
Barley	½ cup	350	8.26
Cornmeal	½ cup	251	5.17
Flour:			
-Buckwheat	½ cup	170	3.14
-Rye	½ cup	154	5.22
-White	½ cup	209	2.01
-Whole Wheat	½ cup	200	5.34
Macaroni, White	2 ounces	231	1.25

### Fiber Calculations:

<u>Cereals</u>	<u>Serving</u>	<u>Fiber (grams)</u>
All Bran		
Alpha-Bits	1 cup	1.0
Banana Nut Crunch	1/3 cup	4.0
Bran Buds, Kellogg's	1 cup	12.0
Cheerios	1 cup	3.0
Corn Flakes, Kellogg's	1 ounce	0.51
Corn Pops	¾ cup	0.0
Cracklin' Oat Bran,	1 pack	5.6
Kellogg's	1 packet	1.0
Cream of Wheat	½ cup	13.0
Fiber One, General	5 biscuits	5.0
Mills	1 ounce	1.5
Frosted Mini-Wheats	1 cup	2.0
Granola	1 pack	3.0
Honey Nut Cheerios,	1 cup	3.0
G'Mills	1 ounce	1.98
Instant Oatmeal	1 ounce	0.26
Multi-Grain Cheerios	1 ounce	0.26
Oat Bran, cooked	3 biscuits	1.14
Oat Flakes	1 ounce	7.3
Puffed Rice	¾ cup	3.0
Quaker Shredded	1 ounce	2.83
Wheat	1 ounce	4.05
Raisin Bran, General		
Mills		
Raisin Bran, Kellogg's		
Shredded Wheat		
Wheat Germ		



Lettuce	1 cup	0.4
Mushrooms	½ cup of	1.0
Onions, boiled	pieces	4.0
Peas, Green	½ cup of	14.7
Pinto Beans, boiled	pieces	5.0
Potato, baked with skin	½ cup	2.0
Potato, boiled	½ cup	1.6
Potato, boiled	1 cup	5.0
Potato salad	1 medium	2.2
Pumpkin, canned	1 medium	0.8
Spinach, boiled	½ cup	3.0
Spinach, raw	½ cup	3.0
Squash, winter	½ cup	1.0
Sweet Potato, baked	½ cup	2.34
Tomato, raw	½ cup	
Zucchini	1 medium	
	1 medium	
	½ cup	
<b><u>Breads/Grains</u></b> <b>(check package)</b>	<b><u>Serving</u></b>	<b><u>Fiber (grams)</u></b>
Bagel (most bagels)	1	1.5
English Muffin, Thomas	1	1.5
Thomas	1 slice	0.5
French Bread	1 slice	2.5
Italian, Bakery Light	1 slice	1.5
Pancakes	1 16" diameter	1.0
Pita, white	1 slice	3.0
Seven grain, Bran'ola	1 slice	2.5
Wheat, Bakery Light	1 slice	2.0
Whole Wheat		
<b><u>Pasta</u></b>	<b><u>Serving</u></b>	<b><u>Fiber (grams)</u></b>
Elbow Macaroni,	½ cup	2.0
Golden Grain	1 cup	1.8
Macaroni	1 cup	4.0
Macaroni, whole wheat	1 cup	6.3
Spaghetti, whole wheat	1 cup	3.5
Spaghetti, whole wheat	1 cup	1.0
Brown Rice, long	2 ounces	1.27
White rice		
Egg Noodles		