

High Fiber Diet

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Fiber is an important component of our diet that helps to regulate and maintain muscle tone of our gastrointestinal tract. Fiber is made of non-starch polysaccharides and resistant starches that cannot be digested. Fiber will pass through our digestive system unchanged which helps to keep the muscles within the gastrointestinal tract toned and regulates our digestive system. Fiber helps to increase bulk, soften stool, and shorten transit time through the colon. These attributes can help to reduce risk for colon cancer, diabetes, and cardiovascular disease. Consuming a high fiber diet can also lead to increased gas and bloating. It is important to remember to slowly increase the amount of fiber in your diet to allow the body to get used to the dietary changes. A slow introduction helps to prevent gas and bloating symptoms from occurring. One way to slowly introduce fiber into your diet is to introduce it over a fifteen day period. Start by consuming one high-fiber breakfast item for five days. In the next five days include one high fiber item for breakfast and one item lunch. Finally, in the last five days, consume 1 high fiber item for breakfast, lunch and dinner. After this 15 day period, you can consume high fiber food items whenever you see fit during your day. It is also important to drink water while on a high fiber diet. Consuming more fiber can lead to more bowel movements, and drinking more water helps to prevent constipation. The daily recommended amount of dietary fiber for a high fiber diet is 25 grams for women and 35 grams for men. When grocery shopping, be sure to check the amount of "dietary fiber" on food labels to see how much fiber a food contains.

High Fiber Foods

There are several types of high-fiber foods to enjoy that can easily be incorporated into your diet.

Fruits High in Fiber

Fruit	Serving Size	Total Fiber (g)
Raspberries	1 cup	8.0 g
Pear with skin	1 medium size	5.5 g
Apple with skin	1 medium size	4.4 g
Strawberries	1 cup	3.5 g
Banana	1 medium size	3.1 g
Orange	1 medium size	3.1 g

Vegetables High in Fiber

Vegetable	Serving Size	Total Fiber (grams)
Artichokes	1 medium	10.3 g
Peas, cooked	1 cup	8.8 g
Broccoli, boiled	1 cup	5.1 g
Sweet corn, cooked	1 cup	4.2 g
Turnip greens, boiled	1 cup	5.0 g
Carrots, raw	1 medium	1.7 g

Grains High in Fiber

Grain	Serving Size	Total Fiber (grams)
Spaghetti, whole wheat, cooked	1 cup	6.2 g
Bran Flakes	3/4 cup	5.3 g
Oat Bran Muffin	1 medium	5.2 g
Oatmeal, cooked	1 cup	4.0 g
Popcorn, air popped	3 cups	3.5 g
Brown Rice, cooked	1 cup	3.5 g

Legumes High in Fiber

Legume	Serving Size	Total Fiber (grams)
Split peas, cooked	1 cup	16.3 g
Lentils, cooked	1 cup	15.6 g
Black Beans, cooked	1 cup	15.0 g
Lima Beans, cooked	1 cup	13.2 g
Baked Beans	1 cup	10.4 g
Sunflower Seeds, kernels	1/4 cup	3.9 g

Sample Recipes

High Fiber Breakfast

Quick Breakfast

- 1 cup Oatmeal (quick, instant or regular) mixed with cut apples (skin still on) and sprinkle with cinnamon
- Whole wheat toast with jelly spread
- 8oz glass water

Whole-Wheat Banana-Strawberry Muffins

Ingredients:

2 eggs	3 bananas, mashed
1/2 cup unsweetened applesauce	2 cups whole wheat flour
1/4 cup vegetable oil	1 teaspoon baking soda
3/4 cup packed brown sugar	1 teaspoon ground cinnamon
1 teaspoon vanilla extract	1 cup frozen or fresh sliced strawberries

Directions

1. Preheat oven to 375 degrees F. Grease 12 large muffin cups or line with paper liners
2. In large bowl, whisk together eggs, applesauce, oil, brown sugar, vanilla and bananas. Combine the flour, baking soda and cinnamon. Stir into the banana mixture until moistened. Stir in strawberries until evenly distributed. Spoon batter into muffin cups until completely filled.
3. Bake for 20 minutes in preheated oven, or until tops of muffins spring back when pressed lightly. Cool before removing from muffin tin

High Fiber Lunch

Quick Lunch

- Sandwich on whole wheat bread with preferred meat, tomato, lettuce, and cucumbers. Use preferred spread such as mayo, honey mustard, or spicy mustard
- Carrot sticks with ranch dip
- Popcorn
- Banana

Black Bean Burrito

Serves 2

Ingredients:

3 ounces cream cheese	1 8ounce can black beans
2 tablespoons vegetable oil	1 teaspoon minced jalapeño peppers
1 tomato, chopped	1 small onion chopped
1/2 red bell pepper, chopped	2 whole wheat tortilla
1 teaspoon minced garlic	2 tablespoons cilantro, chopped

Directions:

1. Wrap tortillas in foil and place in oven heated to 350 degrees. Bake for 15 min
2. Heat oil in skillet over medium heat. Place onion, bell pepper, garlic, and jalapeños in skillet. Cook for 2 minutes stirring occasionally. Pour beans into skillet, cook for 3 minutes, stirring.
3. Cut cream cheese into cubes and add to skillet. Sprinkle with salt to taste. Cook for two minutes. Stir in cilantro
4. Spoon mixture evenly down center of warmed tortillas and roll up. Serve immediately

High Fiber Dinner

Quick Dinner

- Whole wheat pasta with peas, corn, and grilled chicken, topped with marinara sauce
- Raspberries with vanilla yogurt

Artichoke Spinach Lasagna

Serves 8

Ingredients:

- 9 uncooked whole wheat lasagna noodles (if using precooked noodles these skip step 2)
- 1 (14oz) can marinated artichoke hearts, drained and chopped
- 1½ cups of spinach, frozen or fresh, chopped
- 1 onion chopped
- 4 garlic cloves, chopped
- 1 (28oz) jar tomato sauce
- 1 (14.5 oz.) can vegetable broth
- 1 tablespoon rosemary
- 3 cups shredded mozzarella cheese, divided
- 4oz feta, crumbed

Directions:

1. Preheat oven to 350 degrees F. Spray 9x13 inch baking dish with cooking spray
2. Bring large pot of lightly salted water to boil. Add noodles and cook for 8 to 10 minutes, drain. Lay noodles out individually on paper towels until ready to use.
3. In large skillet, heat 1 tablespoon of vegetable or olive oil. Sauté spinach until wilted. Once cooked place spinach to the side in a bowl
4. Add 2 tablespoons of vegetable or olive oil to large skillet. Sauté onion and garlic for 3 minutes. Stir in broth and rosemary; bring to boil. Stir in artichoke hearts and spinach, reduce heat, cover and simmer for 5 minutes. Stir in pasta sauce
5. Spread 1/4 of artichoke mixture in bottom of baking dish. Top with 3 cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top.
6. Bake, covered, for 40 minutes. Uncover and bake for 15 more or until hot and bubbly. Let stand for 10 minutes before cutting.

References

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