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## **HIGH FIBER DIET/CONSTIPATION DIET:**

Fiber is the non-digestible component of fruits and vegetables. The body cannot break down fiber, as it does proteins, carbohydrates, and fats. As such, the fiber passes through the colon and enhances the amount of fluid in the waste material (feces) and enhances the transit of the feces through the 24-foot length of the intestines.

### **High Fiber Bread, Cereal, Rice, and Pasta**

- Bran Cereal (any cereal with more than 5 grams of fiber per serving)
- Whole Grain/Whole Wheat Bread
- Oatmeal
- Whole Grain Rice/Wild Rice
- Whole Grain Pasta
- Graham Crackers
- Quinoa
- Buckwheat
- Millet

### **Fruits**

#### **High Fiber Fruits (1/2 cup servings unless indicated)**

- Prunes, 5 dried
- Raisins
- Figs
- Apricots 4 whole
- Apple unpeeled
- Avocado 1/2
- Dates 3
- Pear 1 unpeeled
- Blackberries
- Blueberries
- Mango
- Orange 1 medium
- Raspberries

### Lower Fiber Fruits

- Strawberries
- Peach, peeled
- Cherries
- Mango
- Applesauce, cooked
- Tangerine, 1 medium
- Nectarine
- Banana 1

### **Vegetables**

#### High Fiber Vegetables

- Brussels sprouts
- Artichokes
- Pumpkin, canned
- Potato with skin
- Sweet Potato
- Okra
- Jicama
- Lima beans
- Pork and beans
- Kidney beans
- Mushrooms, canned
- Carrot
- Turnip greens
- Rhubarb
- Spinach, cooked or raw
- Broccoli
- Green peas

#### Lower Fiber Vegetables

- Carrots
- Peppers
- Celery
- Onions
- Green beans
- Cauliflower

- Asparagus

Fiber supplements are very useful. I prefer extra fiber in the form of:

**Metamucil** (manufactured here in Phoenix, Arizona!)— (psyllium based): 1 tablespoon mixed in liquid of your choice. You can take 1-3 times per day.

**Citrucel** (methylcellulose based): 1 tablespoon mixed in 8 oz of liquid of your choice. You can take 1-3 times per day