

Alabama Digestive Disorders Center

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High Fiber Diet

Following are recommendations for High Fiber Diet:

GOAL: 20 to 30 grams of dietary fiber daily

in general, for constipation, diverticulosis, spastic colon (IBS)

- One serving of whole-grain bran flake cereal DAILY. At least 5 grams of dietary fiber per serving.
- Two slices of whole wheat bread DAILY. At least 3 grams of dietary fiber per slice.
- Two servings of solid fruit DAILY. Juices do not count. Many fruits such as apples and bananas. Canned or dried fruits.

As always please check the nutrition labels for all boxed and packaged foods.

High Fiber Food Chart at <http://www.webmd.com/diet/eat-this-fiber-chart>