

High Fiber Diet

A high-fiber diet will help prevent conditions of hemorrhoids, constipation, diverticulosis, diverticulitis, colon polyps, colon cancer, and high cholesterol.

Fiber keeps stool soft and lowers pressure inside the colon so that bowel contents can move through easily. Fiber works best when water is ingested, so remember to drink at least 6 to 8 glasses of water per day. On average, Americans eat about 5 to 20 grams of fiber daily. The American Dietetic Association recommends 20 to 35 grams of fiber each day. Over 35 grams of fiber a day may cause excess bowel gas, and therefore some discomfort. The table below shows the amount of fiber in some foods that you can easily add to your diet.

Fruits	Serving Size	Amount of Fiber
apple	1 medium =	4 grams
peach	1 medium =	2 grams
pear	1 medium =	4 grams
tangerine	1 medium =	2 grams
Vegetables		
acorn squash, fresh, cooked	3/4 cup =	7 grams
asparagus, fresh, cooked	1/2 cup =	1.5 grams
broccoli, fresh, cooked	1/2 cup =	2 grams
brussels sprouts, fresh, cooked	1/2 cup =	2 grams
cabbage, fresh, cooked	1/2 cup =	2 grams
carrot, fresh, cooked	1 =	1.5 grams
cauliflower, fresh, cooked	1/2 cup =	2 grams
romaine lettuce	1 cup =	1 gram
spinach, fresh, cooked	1/2 cup =	2 grams
tomato, raw	1 =	1 gram
zucchini, fresh, cooked	1 cup =	2.5 grams
Starchy Vegetables		
black-eyed peas, fresh, cooked	1/2 cup =	4 grams
lima beans, fresh, cooked	1/2 cup =	4.5 grams
kidney beans, fresh, cooked	1/2 cup =	6 grams
potato, fresh, cooked	1 =	3 grams
Grains		
bread, whole-wheat	1 slice =	2 grams
brown rice, cooked	1 cup =	3.5 grams
cereal, bran flake	3/4 cup =	5 grams
oatmeal, plain, cooked	3/4 cup =	3 grams
white rice, cooked	1 cup =	1 gram

The doctor may also recommend taking a fiber product such as Benefiber, Citrucel, Konsyl, or Metamucil once a day. These products are mixed with water and provide about 2 to 3.5 grams of fiber per tablespoon, mixed with 8 ounces of water.