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GASTROENTEROLOGY AND HEPATOLOGY

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DIPLOMATE, AMERICAN BOARDS  
OF INTERNAL MEDICINE,  
GASTROENTEROLOGY,  
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## High Fiber Diet

**Indications:** In treatment of diverticulosis, colonic polyps, high cholesterol, and irritable bowel syndrome

**Goal:** 20-35gm fiber/day

### Recommended Foods:

Bran cereals (All-Bran, 100% Bran, Raisin Bran) (1 cup=8-24g fiber)  
Oatmeal (3/4 cup=1.6g fiber)  
Whole wheat bread (1 slice=1.4g fiber)  
Lowfat bran muffins (2.5g fiber/ea)  
Dried or stewed fruits (prunes, raisins, apricots) (1/4 cup=2-3g fiber)  
Root vegetables (carrots, turnips, potatoes) (1/2 cup=2g fiber)  
Raw or fresh vegetables (cabbage, peas, corn, broccoli, brussel sprouts, potatoes with the skin, spinach) (1/2 cup=2-3g fiber)  
Lettuce has very little fiber (1 cup=0.9g fiber)  
Fruits (apples, bananas, oranges, grapefruit, pears, berries) (2-4 g/ea)  
Beans (kidney, baked, navy, lentils) (1/2 cup = 4-9g fiber)

### Foods to Avoid:

Fatty foods  
Processed foods  
For diverticulosis avoid nuts, popcorn, crunchy peanut butter, strawberries, whole tomatoes, rye, poppy and other large seeds

### Helpful Hints:

Drink plenty of liquids, at least 8 cups of water or fluid a day  
Eat your meals at regular intervals

Eat slowly and chew your food well

## High Fiber Sample Menu

### **Breakfast**

Coffee  
Orange juice  
Bran cereal with a banana  
Nonfat milk  
Whole wheat toast  
Jelly, jam, or margarine

### **Lunch**

Vegetable soup  
Lean hamburger with tomato and lettuce  
Multi-grain bun  
Baked beans  
Apple  
Oatmeal cookie  
Soft drink

### **Dinner**

Spaghetti with tomato/meat or pesto-based sauce  
Peas  
Salad with lettuce, spinach, carrots, and bean sprouts  
Salad dressing  
French bread  
Pear with skin

### **Snack**

Low-fat bran muffin  
Tea or coffee

