GI Excellence, Inc.

Gastroenterology Associates

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HIGH FIBER DIET

Try to develop regular bowel habits. Put aside an unrushed time each day for going to the bathroom. By all means do not ignore the normal urge to have a bowel movement.

Increase your intake of bulk-producing foods. A high fiber diet adds bulk and weight to the stool. It helps move stool along the intestinal tract, prevent abdominal discomfort, prevent straining, prevent diverticulosis formation, and prevent diverticulitis (an infection of diverticulosis). Beware of what you are eating. With packaged foods, try to pick those labeled to contain 1% or more fiber.

Here are some typical high fiber, more than 1% foods:

Fruits	Vegetables	Breads, Cereals, and Beans
apples	acorn squash	kidney beans
peaches	broccoli	lima beans
raspberries	brussels sprouts	cold whole-grain cereal (All-Bran,
tangerines	carrots	Total, Bran Flakes)
oranges	cauliflower	hot whole-grain cereal (oatmeal,
pears	spinach	Wheatena)
prunes	zucchini	wheat or 7-grain bread
	black-eyed peas	

NOTE: Lettuce and other staples are also good sources of fiber but slightly less than 1%.

YOU CAN HAVE: Meat, Fish, Chicken and Eggs

TRY TO AVOID OR CUT DOWN THE FOLLOWING IN YOUR DIET:

1. Extremely cold foods or beverages
2. Spices and highly seasoned foods
3. Foods that give you gas. (Cabbage, Baked beans, Cucumbers, Onions, Carbonated Beverages.)

Try to eat on a regular schedule and avoid skipping meals and over eating.

REMEMBER: These are dietary suggestions. Don't needlessly upset yourself over your diet. Simply try to eat more of the "good things" and less of what is not good. Follow the doctors instructions. He/she may prescribe or recommend medication to help treat your symptoms of pain, diarrhea, constipation or any combination of these. Bulk-producers are on such medication.

To learn more of G.I. Excellence, Inc.'s intestinal healthcare seminars, education videos, procedures and technology, visit our website at www.gi-excellence.com.

High Fiber Diet courtesy of: http://digestive.niddk.nih.gov/ddiseases/pubs/constipation_ez/