

FIBER INFORMATION

The addition of fiber to your diet can make an enormous difference in your bowel control and regularity. Fiber helps people whether their problem is loose stool or constipation. Fiber helps by bulking the stool and giving it form, while still making it easy to pass. Fiber also works by keeping water within the stool so that neither diarrhea nor hard stools occur. Fiber makes the bowels work more regularly but is not a laxative.

The recommended daily allowance of fiber is 20-35 grams per day. Most of us only eat about 10% of the recommended daily allowance. Consider including some of the high fiber foods listed below in your diet.

High Fiber Foods

Food	Serving Size	Amount of fiber (grams)
Fiber One cereal	½ cup	13.0 g
Pinto beans	¾ cup	10.4 g
Wheat bran cereal	1 oz.	10.0 g
Kidney beans	¾ cup	9.3 g
All bran cereal	1 oz.	6.0 g
Oat bran cereal	1 oz.	4.0 g
banana	1	3.8 g
Canned pears	½ cup	3.7 g
prunes	3	3.4 G
Raisins	¼ cup	3.4 g
Carrots	½ cup	3.2 g
Apple	1	2.8 g
Broccoli	½ cup	2.8 g
Cauliflower	½ cup	2.6 g
Oatmeal	1 oz.	2.5 g
Whole wheat toast	1 slice	2.0 g
Cheerios	1 1/3 cup	2.0 g
Baked potato with skin	1	2.0 g
Corn	½ cup	1.9 g
Popcorn	3 cups	1.9 g
Orange	1	1.9 g
Granola bar	1	1.0 g
Lettuce	½ cup	0.9 g

If you don't think that you can get enough fiber from your daily diet, there are many good fiber supplements that you can take along with a fiber diet. These include:

- Metamucil-1 tsp or 1-2 wafers
- Citrucel-1 tsp
- Fiber All-1 tsp or 1-2 wafers
- Unprocessed bran-1-2 tsp mixed with foods
- Perdiem-2 tsp

WHEN TAKING FIBER SUPPLEMENTS PLEASE BE SURE TO FOLLOW ALL MANUFACTURED GUIDELINES AND PACKAGE DIRECTIONS