

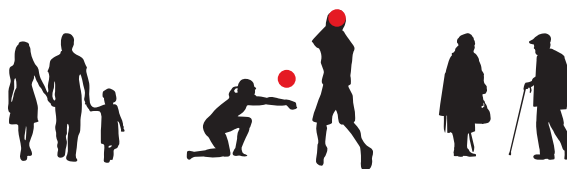
Cauliflower
 Celery
 Cherries
 Cooked Barley
 Corn Flakes*+
 Corn*+
 Cornbread*+
 Crackers (graham,
 Rye-Krisp•, Tricuit•,
 WASA•, whole-wheat
 Saltines)
 Cucumber
 Eggplant
 Grapefruit*
 Grape-Nuts•+
 Grapes
 Green Beans
 Green Peppers
 Grits*
 Kale
 Kidney Beans*+
 Lentils*+
 Lettuce
 Lima Beans*+
 Mushrooms
 Nuts (peanuts,
 almonds, walnuts,
 pecans)
 Oatmeal

Onions
 Oranges*
 Parsnips+
 Peaches
 Pears
 Peas*+
 Pineapple
 Pinto Beans*+
 Plums
 Radishes
 Shredded Wheat+
 Spinach
 Strawberries
 Summer Squash
 Sweet Potatoes
 Tangerines*
 Tomatoes
 Turnips
 Wheat and Bran
 Flakes
 White Beans*+
 White Bread+
 White Potatoes*
 Whole-Wheat
 Products+
 Winter Squash+

*Rich in soluble fiber

+Rich in insoluble fiber

University of Louisville Family and Geriatric Medicine



Leaders in Personalized Care Start Here.

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Dietary Fiber



Constipation Eating Guide

Constipation is bowel movements that are hard and that come out with much difficulty and/or pain. Constipation is a common thing.

Constipation is NOT a bowel moment every other day or third day.

What Will HELP Constipation?

- Get enough rest, exercise, and regular meals.
- Increase fluids (water and juices, especially prune juice daily if needed). Limit milk and milk products like ice cream, cheese, and pudding.
- Eat 4-6 servings daily of whole grains. These include:
 - Whole wheat breads. Read the label--it must say whole wheat. Wheat flour is the same as white flour.
 - Cereals like oatmeal, shredded wheat, All-Bran®, Raisin Bran®, bran flakes, Bran Chex®, and Wheaties®.
 - Crackers like graham crackers, Triscuit®, Rye-Krisp®, whole-wheat saltines and WASA®.
- Unprocessed bran can be mixed with other cereals, mashed potatoes, applesauce, or combined with ground meats. Begin mixing 1-2 teaspoons daily and slowly increase if needed to a maximum of 2

tablespoons daily.

- Eat 4-6 servings daily of fruits and vegetables. Eat with the skins in tact if possible (i.e. baked potatoes with skins, unpeeled apples).
- High fiber diets include: dried beans, corn, green peas, and baked beans.
- High fiber snacks include: popcorn, raisins, nuts, fruit (not juice), crackers, and cereal.
- Decrease foods like chips, candy, donuts, cake, cookies, pop, Kool-Aid®, and other fruit drinks.

Things You SHOULDN'T Do

- Give laxatives or enemas.

Sample Menu

Breakfast

Orange*

Oatmeal*

Whole-Wheat Toast* with Jam

Fluids

Lunch

Bean Soup*

Hamburger

Whole Wheat Bun*

Carrot Sticks*

Dinner

Baked Chicken

Corn* and Green Beans*

Baked Potato with Skin*

Whole-Wheat Bread*

Fresh Fruit Cup*

Fluids

Mid-Morning and Evening Snacks

Graham Crackers*

Unpeeled Apple*

* High Fiber Food

Foods Rich in Dietary Fiber

There are many reasons your doctor may have suggested increasing dietary fiber. Along with eating foods rich in fiber, it is also important to drink plenty of water, approximately 6-8 glasses a day. All of the foods listed below and on the back of this brochure are good sources of fiber.

Those foods marked with an * are richest in **soluble fiber**. We commonly know them as gels. Soluble fiber helps to lower cholesterol and holds water in the stool.

Foods marked with a + are richest in **insoluble fiber**, better known as roughage or crude fiber. Insoluble fiber encourages faster intestinal transit time.

Some foods are rich in both soluble and insoluble fiber.

All Bran●+

Apples*

Apricots

Asparagus

Bananas

Blackberries+

Bran+ (corn, oats, wheat, rice)

Brown Rice

Cabbage

Carrots*