

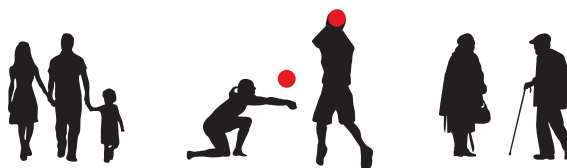
Cauliflower  
 Celery  
 Cherries  
 Cooked Barley  
 Corn Flakes\*+  
 Corn\*+  
 Cornbread\*+  
 Crackers (graham,  
 Rye-Krisp•, Tricuit•,  
 WASA•, whole-wheat  
 Saltines)  
 Cucumber  
 Eggplant  
 Grapefruit\*  
 Grape-Nuts•+  
 Grapes  
 Green Beans  
 Green Peppers  
 Grits\*  
 Kale  
 Kidney 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



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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\*