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High-Fiber Diet

In the United States, the consumption of foods rich in fiber has decreased over the past five or six decades. Although the need for fiber in the diet has not yet been adequately defined. Current trends encourage the ingestion of more fiber. A diet that includes high-fiber foods helps promote the elimination of waste through the gastrointestinal tract. No recommendations for minimum or maximum levels of fiber intake have yet been set. However, research is currently being done to determine these levels and to establish whether including fiber-rich foods in the diet has a beneficial or an adverse effect.

When the suggested foods and number of servings are included each day, the following diet provides the Recommended Dietary Allowances* for good nutrition, as established by the Food and Nutrition Board of the National Research Council, 1980.

*For women of childbearing age, supplemental iron may be necessary.

Suggested Menu Guide

Breakfast

Grapefruit sections
Poached egg on cracked wheat toast
Bran and raisin cereal
Margarine
Milk
Hot or cold beverage

Lunch

Navy bean soup
Hamburger on whole-wheat bun
Tomato and onion slices
Condiments as desired
Apple
Hot or cold beverage

Dinner

Baked chicken
Baked potato
Broccoli
Tossed salad (sprinkle with unprocessed bran)
Salad dressing
Strawberries
Milk
Hot or cold beverage

Snacks

Fresh fruits
Raw vegetables
Nuts and seeds
Fruit juice

Food Groups**Milk**

2 8-oz servings

Vegetables

2-3 servings

Fruits

2-3 1/2-cup servings

Meats

2 3-oz

servings

plus 1 egg/day as desired

Miscellaneous**Bread and****Cereal Products**

4 servings

Best Choices

Whole, 2%, skim, chocolates

Buttermilk

Yogurt (add fruits and nuts)

All raw vegetables

Cooked vegetables

with tough skins, seeds,
and fibers (e.g., corn,
dried beans and peas,
and baked potatoes)All fresh fruits, especially
those with edible skins,
membranes, and seeds

Dried fruits

Beef, chicken, lamb, pork, veal,
fish, and seafood

Crunchy peanut butter

Nuts and nut products, seeds,
popcorn, jams, and preserves
with seeds

Coconut

Desserts containing nuts,
seeds, and coconutBread, rolls, and muffins made
with bran, whole-grain
flour, seeds, or nutsCoarse, dry cereals made
from bran, whole grains,
nuts, seeds, or coconutCrackers made from bran or
whole grain

Whole-grain rice and pasta products

Unprocessed bran (2 tbsp/day)

Alternate Choices

All other cooked vegetables

All cooked and canned fruits

Fruit juices

Cooked cereal made
from whole grains

Drink 8-10 glasses of liquid per day.