



# CORNERSTONE MEDICAL CLINIC

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## High Fiber Diet

This diet includes foods that will increase the residue in the colon. The recommended daily allowance of fiber is 25 grams. A high fiber diet would contain 35 to 55 grams of fiber daily. Such a diet would be of benefit in constipation, diabetes mellitus and dietary hypercholesteremia. It may have a varied effect on diverticular disease and irritable bowel syndrome. The use of a high fiber diet may also prevent diverticular disease, cholelithiasis, colon cancer, breast cancer and coronary artery disease.

### **2 grams dietary fiber:**

1/2 cup white flour	2 1/2 teaspoons Grapenuts	2 tablespoons peanut butter
2/3 cup Cornflakes, Wheaties, Total or Grapenut Flakes	1 slice whole wheat bread	1 small apple
1 whole grapefruit	1 medium banana	3 apricots
1/2 medium pear	1 large tangerine	1/2 cup strawberries
1 small orange	1 medium peach	3 tablespoons raisins
1 large tangerine	1/4 cup rhubarb	2 medium plums
1/2 cup stewed prunes	15 cherries	1/2 cup raspberries
1 medium tomato	1/2 cup cooked cabbage	1 medium raw carrot
1/2 cup green beans	1 cup raw cauliflower	1 cup tossed salad
	1/2 cup brussel sprouts	2/3 cup raw turnips

### **3 grams dietary fiber:**

1 biscuit shredded wheat	4 rye crackers	1/2 cup broccoli
1 medium baked potato with skin	1/2 cup cooked beets	1/3 cup cooked carrots

### **4 grams dietary fiber:**

1/3 cup chopped spinach	1/2 cup turnip greens	3/4 cup cooked carrots
1 medium sweet potato with skin	1 cup broccoli	2/3 cup cooked brown rice
1/2 cup cooked or fresh peas	1 medium pear	5 apricots
1 large apple	1/2 cup blackberries	2 medium dried fig
3 dried prunes	1 cup cranberries	

### **5 grams dietary fiber:**

1/2 cup cooked split peas	15 almonds	1/2 cup blackberries
12 white grapes		

### **6 grams dietary fiber:**

1/2 cup whole wheat flour	1/3 cup kidney beans	1/3 cup white beans
1/3 cup baked beans	1/2 ear corn	

### **9 grams dietary fiber:**

1/3 cup All Bran or Bran Buds

### **13 grams dietary fiber:**

1/2 cup wheat bran