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# High Fiber for Healthy Bowels

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Fiber can help prevent constipation and decrease the risk of colon cancer. It is found in foods that come from plants or dietary supplements. When adding fiber to your diet, make sure to increase the amount slowly, and drink enough fluids throughout the day.

There are two types of fiber that are good for your bowels, insoluble and soluble fiber. It is best to eat both types.

## Insoluble Fiber

- Known as “roughage”
- Absorbs water and softens stool. Relieves hemorrhoids
- Prevents constipation and diverticular disease
- Found in whole grains, bran cereals, nuts, seeds, popcorn, and skin of most fresh fruits and vegetable such as apples, banana, avocado, zucchini, green beans celery and cauliflower
  - Nutrition tip: Breakfast cereals can be a great fiber source to start the day

## Soluble Fiber

- Improves the consistency of liquid stools
- Softens hard stools
- Promotes regular bowel movements
- Stimulates growth of good bacteria that are healthy for your intestinal cells
- Found in oatmeal, barley, legumes, peas, beans, most root vegetables, psyllium (a fiber supplement), and the flesh of fresh fruits and vegetables

## Nutrition Prescription:

You should aim to consume \_\_\_\_\_ grams of fiber per day.  
Consult your provider and or dietitian for recommendations.