
High Fiber for Healthy Bowels

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”
- Does not absorb water. Adds bulk to stools. Fiber relieves hemorrhoids.
- Prevents constipation and diverticular disease
- Found in whole grains, bran cereals, nuts, seeds, popcorn, and many fruits and vegetables such as berries, pears & apples with the skin, potatoes with the skin, pumpkin, cauliflower, bell peppers, green beans, celery, and cantaloupe
 - 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 (pinto, black, kidney), most root vegetables, psyllium (a fiber supplement), and many fruits and vegetables (apples & pears with the skin, berries, oranges, avocado, carrot, broccoli, brussels sprouts, and sweet potato)

Nutrition Prescription:

You should aim to consume _____ grams of fiber per day.
The goal is to have at least 14g of fiber for every 1,000 calories you eat.
Consult your provider and or dietitian for recommendations.