

High-Fiber Diets

Getting enough fiber in your diet is important to prevent constipation and other intestinal problems. Eating a high-fiber diet is most successful when done regularly. If you have problems with gas and bloating, increase the amount of fiber gradually.

It's also important to drink enough water every day. Six to eight glasses daily is usually recommended. Milk and dairy products should be limited to three to four servings daily. The following food suggestions are good sources of dietary fiber. Make sure you pick foods that will not cause choking if there are oral-motor or swallowing problems.

Cereals

Bran cereals, oatmeal, grits, Shredded Wheat, Chex cereals, Cheerios, Wheaties, Grapenuts, Fiber One, All Bran, Cracklin' Oat Bran

Breads

Bran muffins, whole wheat, cracked wheat, rye oatmeal, eight grain

Grains, Flour and Pasta

Unprocessed bran, whole wheat flour, barley, brown rice, buckwheat, bulgur, cracked wheat, rolled oats, whole wheat pastas, wild rice

Legumes

Black beans, chick peas (garbanzo beans), kidney beans, lentils, navy beans, pinto beans, turtle beans, white beans

Nuts, Seeds, Coconut

Almonds, Brazil nuts, coconut, filberts, peanuts, peanut butter, popcorn, pumpkin seeds, sesame seeds, sunflower seeds, walnuts

Fresh Fruit

Apples, berries, pears, nectarines, apricots, peaches, melon, grapes, citrus fruits, mango, papaya, plums, prunes, cherries, rhubarb, pineapple, kiwi

Fruit Juices

Prune, peach, pear, citrus, papaya (Juices don't have fiber, but they have components that can aid in managing constipation- that's especially true of prune juice)

Dried Fruit

Dates, prunes, raisins, apricots, peaches, pears, plums

Canned Fruit

Apricots, cherries, mandarin oranges, grapefruit sections, peaches, pears, plums, pineapple, fruit cocktail

Vegetables

Celery, potatoes, green beans, broccoli, parsnips, peas, sweet potatoes, carrots, corn, beets, cabbage, eggplant, onions, spinach, zucchini, asparagus, tomatoes, lettuce (especially dark-leaf lettuce)

High-Fiber Diets - Somali

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High-Fiber Diets - Spanish

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Refer a Patient

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If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).