

High Fiber Diet

Description

The High Fiber diet is a regular diet with an emphasis on fiber-rich food sources. High fiber foods may include fruits and vegetables, legumes, whole-grain breads and cereals, and other products made from whole grains.

Indications

The High Fiber diet may be ordered in the hospital to aid with constipation. High fiber foods may be beneficial for the following health conditions: cardiovascular disease, diverticular disease, colon cancer, diabetes mellitus, endometrial cancer, constipation, irritable bowel syndrome, Crohn's disease, hypercholesterolemia, and obesity.

Adequacy

The high fiber diet can meet nutritional needs based upon the individual food selection.

The following list is based off the St. Joseph Hospital Room Service Menu. For a more complete list of foods please consult your Registered Dietitian.

Food Groups	Foods Allowed	Foods Not Allowed
Breakfast Foods	All allowed, encourage the following: Whole grain cereal	
Appetizers & Starters	All allowed, encourage the following: Fresh Fruits & Vegetables	
Entrees	All allowed, encourage the following: Whole wheat pasta entrée Brown rice entrée Wheat bun instead of Sesame bun	
Sides, Starches & Breads	All allowed, encourage the following: Whole Wheat breads instead of White Brown Rice instead of White Rice Wheat Pasta instead of Regular	
Fruits & Vegetables	All allowed, encourage the following: Prunes	
Beverages	All encouraged	
Milk & Milk Products	All encouraged	
Sweets	All allowed, encourage fresh fruit for dessert	
Fats	All allowed	
Other	All allowed	

Sample Menu

The following sample menu is based off the St. Joseph Hospital Non-Select Menu. For an individualized sample menu please consult your Registered Dietitian.

Meal	Food Items
Breakfast	<ul style="list-style-type: none"> • Orange Juice (4oz) • Coffee (8oz) with creamer, sugar packet (2) • Hot Cereal or Cold Cereal (3/4 cup) (Oatmeal or Raisin Bran encouraged) • Fresh Fruit Cup (1/2 cup) or Whole Fresh Fruit • Scrambled Eggs (2oz) • Breakfast Potatoes (1/2 cup) • 2% Milk (8oz) • Butter Pat, Salt & Pepper Packet
Lunch	<ul style="list-style-type: none"> • Tossed Garden Salad with Dressing • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Whole Wheat Bread (slice) • Dessert – Fresh Fruit Cup (1/2 cup) or Whole Fresh Fruit • Iced Tea (8oz) • Sugar, Salt, Pepper, Lemon Juice, Butter Pat
Dinner	<ul style="list-style-type: none"> • Soup (6oz) with Crackers (1 package) • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Whole Wheat Bread (slice) • Dessert – Fresh Fruit Cup (1/2 cup) or Whole Fresh Fruit • 2% Milk (8oz) • Decaf Coffee (8oz) with creamer, sugar packet (2) • Salt, Pepper, Butter Pat