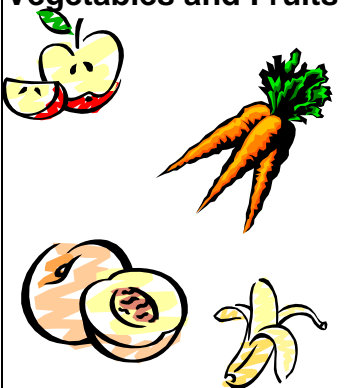




Dietary fibres are helpful in promoting regular bowel movements.

Soluble fibres help to control diarrhea by thickening the stool and prolonging the travel time of foods through the bowel.

Insoluble fibres help to reduce constipation by decreasing the time foods move through the bowel and help to create a bulky soft stool that is easier to pass.

Here is a list of foods from plant sources that are high in either soluble or insoluble fibre. There is no fibre in foods from animal origin. If you have diarrhea or constipation use these lists to help reduce your symptoms.

FOOD GROUP	FOODS HIGH IN INSOLUBLE FIBRE THAT HELP WITH CONSTIPATION	FOODS HIGH IN SOLUBLE FIBRE THAT HELP WITH DIARRHEA
<p><b>Vegetables and Fruits</b></p> 	<p>Fresh fruits with skins and seeds: pears, all berries, kiwi, apples, oranges, dried fruits (raisins, apricots, dates, prunes), grapes.</p> <p>Fresh vegetables with skin &amp; seeds: peas, corn, carrots, brussels sprouts, broccoli, celery, cabbage, potatoes with skin, tomatoes, cucumbers with skin</p>	<p>Canned fruits including applesauce, fruit cups, mandarin oranges, peaches, apricots, etc. Peeled fresh fruits with no seeds including banana, melons, peeled apples.</p> <p>Canned vegetables including string beans, carrots. Mashed or boiled potato (no skin), squash, turnip, etc.</p>
<p><b>Grain Products</b></p> 	<p>Whole grain products – whole wheat bread, whole wheat pasta and brown rice, wheat bran - 100% bran cereal, All Bran cereal, natural bran, bran bread/muffins</p>	<p>Barley, rolled oats, oat-based cereals, (Quaker Oat Squares, Cheerios, Oaties), Bran Buds with psyllium</p>
<p><b>Meat and Alternatives</b></p> 	<p>Legumes are high in fiber. Examples: baked beans in tomato sauce, kidney beans, chick peas, lentils, black beans, hummus, babaghannouj, bean soups, bean salads.</p> <p>Nuts &amp; seeds are also high in insoluble fiber. Examples: peanuts, almonds, flax seed, sunflower seeds.</p>	<p>Types of legumes: baked beans in tomato sauce, kidney beans, chick peas, lentils, black beans, minnestrone soup, hummus, babaghannouj, bean soups, beans salads</p>

The following table has some examples of foods with amount of both types (for most food items) of fibre they contain so you can make better choices.

## Dietary Fibre Content of Some Common Foods

Food	Portion Size	Dietary Fibre (grams)		
		Total	Soluble	Insoluble
<b>Fruits</b>				
apple, unpeeled, large	1	3.6	0.3	3.3
apple, peeled, large	1	2.6	0.3	2.3
grapefruit, with membrane	1/2	2.5	0.5	2.0
grapefruit sections	1/2 cup	0.5	0.1	0.4
banana	1	2.9	0.8	2.1
<b>Vegetables</b>				
broccoli	1/2 cup, cooked	2.7	0.3	2.4
carrot	1 raw	2.1	0.2	1.9
tomatoes, canned	1/2 cup	0.9	0.2	0.7
potato, baked with skin	1	4.9	3.7	1.2
corn, whole kernel	1/2 cup,	1.7	0.1	1.6
potato	cooked medium, with skin	3.5	n/a	n/a
<b>Grain Products</b>				
cereal, 40% bran flakes	1 cup	7.6	0.8	6.8
cereal, corn flakes	1 cup	1.1	0.1	1.0
cereal, oat bran, uncooked	1/3 cup	4.8	1.8	3.0
cereal, oatmeal, cooked	1 cup	4.4	1.7	2.7
bread, white	1 slice	0.7	0.2	0.5
macaroni, cooked	1 cup	2.5	0.3	2.2
<b>Legumes and Nuts</b>				
kidney beans, canned	1/2 cup	6.6	1.5	5.1
lima beans, canned	1/2 cup	3.6	0.4	3.2
green peas, canned	1/2 cup	2.8	0.3	2.5
almonds, with skin	15 nuts	5.6	0.6	5.0
peanuts, roasted in shell	10 nuts	1.9	0.1	1.8
peanut butter	1 tablespoon	1.1	0.1	1.0

Adapted from: Albertson A. M., Tobelmann R. C. Consumption of grain and whole-grain foods by an American population during the years 1990 to 1992. J Am Diet Assoc 1995; 95:703-704.

## **Suggestions to increase the fibre in your diet:**

- 1) Start off gradually introducing fibre into your diet, your body will adapt better to small changes
- 2) Foods that may cause gas, such as legumes should be gradually introduced into the diet and used as tolerated.
- 3) Add fluids to your diet by drinking six to eight glasses of water per day.
- 4) The recommended fibre intake is 25 – 30 gram per day

If you have any questions, please contact your Dietitian.

Dietitian: \_\_\_\_\_

Telephone Number: (416) 864-6060 ext. \_\_\_\_\_

## **Example of an Insoluble Fibre Meal Plan for Constipation**

### **1 Day:**

#### **Breakfast:**

1 cup water

$\frac{3}{4}$  cup of mixed grain cereal cooked with 1 sliced cooked apple (with skin) and  $\frac{1}{8}$  cup raisins

1 cup milk

1 orange

#### **Lunch:**

2 slices whole wheat bread

2 Tbsp. hummus

2 Tbsp. yogurt or tzaziki

$\frac{1}{2}$  a tomato, lettuce,  $\frac{1}{2}$  carrot - shredded, and cucumber

3 fig newtons

1 cup water

#### **Snack:**

$\frac{3}{4}$  cup yogurt sprinkled with bran buds and fruit

1 cup water

#### **Dinner:**

1 cup salad with multigrain croutons and chick peas

1 Tbsp. yogurt dressing

3oz steak

1 cup brown rice with mushrooms

$\frac{1}{2}$  cup green beans

1 multigrain bun

1 cup milk

#### **Dessert:**

1 bran muffin

1 cup decaffeinated tea

#### **Snack:**

3 cups popcorn

1 ice tea with lemon

Aim for a total 6 – 8 8oz cups of water throughout the day.

Drink an extra cup of fluid if you drink 1 cup of regular tea or coffee.

Provides approximately 25 – 30g of fiber (Fibre Scoreboard)

## **Example of a Soluble Fibre Meal Plan for Diarrhea 1 Day:**

### **Breakfast:**

1 cup water  
¾ cup cooked oatmeal  
1 medium banana  
1 cup milk  
¾ cup of unsweetened apple sauce

### **Lunch:**

1 cup tender beef barley soup or minestrone soup  
1 piece – oat bread, oat bran bagel or pita  
¾ cup canned peaches  
¾ cup cottage cheese

### **Snack:**

1 oatmeal muffin

### **Dinner:**

3 oz. chicken breast broiled  
¾ cup mashed turnip  
1 cup mashed potatoes  
½ cup of cooked green beans  
1 cup milk

### **Dessert:**

½ cup tapioca pudding

### **Snack:**

1 fruit cup

Aim for a total 6 – 8 8oz cups of water throughout the day.

Provides approximately 25 g of fiber (Fibre Scoreboard)