



**California Division North
Nutritional Services
Diet - Menu**

**Subject/Title: HIGH FIBER DIET
Order As: HIFIB**

GOALS OF DIETARY MANAGEMENT:

The high fiber diet is based on a well-balanced diet with special emphasis on those foods containing high amount of fiber.

DIET PRINCIPLES:

1. Increase intake of food high in fiber, including raw vegetables, fresh and dried fruits, whole grain breads and cereals, and unprocessed bran. Prune juice does not contain a high amount of fiber; it is recommended in this diet, however, due to its natural laxative effect.
2. On this diet it is especially important to drink an adequate amount of fluids; six to eight cups daily are recommended.
3. In general, most people select foods that are highly refined. It is recommended, therefore, that you increase the amount of fiber in your diet gradually to avoid gaseous discomfort. It is also recommended that you eat regularly spaced meals in a relaxed atmosphere.
4. When you increase the amount of fiber in you diet, you may find that you will have larger stools and more frequent bowel movements.

ADEQUACY:

Using the Daily Food Guide, you can meet your nutritional needs by using the recommended servings stated by each food group, with special emphasis on foods higher in fiber.

DAILY FOOD GUIDE

A well planned diet should include these food groups:

MILK PRODUCTS:

2-3 cups (8 ounces each) milk for children under 9 years.

2-4 cups (8 ounces each) milk for children 9-12 years.

4 cups (8 ounces each) milk for teenagers.

2 cups (8 ounces each) milk for adults.

(Cheese or other dairy foods can supply part of the milk allowance.)

MEAT/POULTRY/EGGS:

2 or more servings (2-3 ounces each - cooked weight, not including bone or fat). Beef, beans, pork, poultry, fish, lamb, liver.

Substitute for 1 servings of meat (2 oz.):

1 c. cooked dried beans, dried peas, lentil.

4 tbsp peanut butter

2 eggs

1 c. tofu

2 oz. soy protein

2 oz. cheese

1/2 c. cottage cheese.

VEGETABLE/FRUITS (Including fresh, dried, cooked, canned)

FATS/OILS

Include for palatability of diet and to increase calories.

Nuts, olives, seeds, avocado, coconut.

FOODS HIGH IN FIBER

Vegetables

3 - 5 Servings A Day

All vegetables, preferably fresh, dried or crispy cooked; especially peas, parsnip, rutabagas, broccoli, brussel sprouts, winter squash, green beans, cauliflower, avocados, lima beans, carrots.

Include one serving daily of dark green leafy or deep yellow vegetables as a Vitamin A source.

Fruits

3 - 4 Servings A Day

All fruits, preferably fresh, dried or crisply cooked; especially berries, figs, dates, raisins, guava, dried prunes.

Include one serving daily of fruits high in Vitamin C, such as oranges or grapefruit.

Breads/Cereal

6 or more servings of bread, cereal, macaroni, noodles, rice or spaghetti.

Breads

Unrefined breads and bread products, i.e., whole grain bread, buckwheat bread, bran breads.

Cereals

Bran cereal, whole grain cereal, oatmeal, unprocessed bran.

Other Starches

Brown rice, wheat germ, corn-grits, hominy, bulgar wheat, barley, coarse ground meal and popcorn.

Starchy Vegetables

All dried beans and legumes, such as pinto beans, red beans, white beans, kidney beans, garbanzo beans, split pea lentils and soup.

SAMPLE MENU

Breakfast

Orange Sections

1 oz. Bran Flakes

1 Egg

1 Slice Whole Wheat Toast

Margarine

Marmalade

Milk

Lunch

Raw Vegetable Plate: Carrots,
Celery and Cauliflower

Roast Beef Sandwich:

2 oz Roast Beef

2 Slices Whole Grain Bread

Mayonnaise

Apple

Milk

Dinner

3 oz. Meat, Fish or Poultry

3 oz. Brown Rice

Broccoli Spears

Corn Bread

Mayonnaise

Blackberry Pie

Coffee/Tea