



Gluten-Free Diet

Fiber is a substance found in plants. Dietary fiber, the kind you eat, is found mainly in fruits, vegetables, whole grains, and legumes. It not only can help in relieving constipation, it has other health benefits as well. Foods containing fiber can also help in maintaining a healthy weight and lowering the risk of diabetes and heart disease.

Dietary fiber adds bulk to your diet. It includes the parts of plant foods that your body does not digest or absorb. It passes almost intact through your stomach, small intestine, colon, and out of the body.

These are two forms of fiber: soluble and insoluble.

Soluble fiber dissolves in water to form a gel-like material during digestion. It slows digestion, and this is why it has a secondary benefit of helping you feel full, thereby helping in the maintenance of weight. It can help lower blood cholesterol, which can help prevent heart disease, and lower glucose levels. This soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble fiber helps in the movement of material through your digestive system. It increases stool bulk, so it can benefit those that have irregular stools and constipation. Insoluble fiber is found in whole wheat flour, wheat bran, vegetables, nuts, beans, and potatoes.

Most plant-based foods have both soluble and insoluble fiber such as beans and oatmeal. The amount of soluble and insoluble fiber in each varies with the different plant foods.

It is recommended you eat both types of fiber in your diet to get the most benefit for a healthy you.

Fresh Fruits: Oranges, Peaches, Pears, Plums

Fresh Vegetables: Beets, Broccoli, Brussel sprouts, Cabbage, Carrots, Cauliflower, Eggplant, Lettuce, Spinach, Sweet Potatoes, and Yams.

Foods: Bran Cereals, Whole Grain Cereals, Whole Grain Bread (Soluble)

Wild rice, Wheat bran, Corn meal (whole grains) (insoluble)

Beans, Chickpeas, Lentils, Peas (legumes) (soluble)

High Bulk - High Fiber

- To increase your dietary fiber, be sure to eat bran cereal and whole wheat bread daily.
- In addition, eat at least two of the fresh fruits and two of the fresh vegetables listed above each day.
- Avoid canned or frozen fruits and vegetables, instant "quick-cooking" foods, and convenience type snack foods.

Supplement this High Fiber diet with the following:

Benefiber: take 1-2 tablespoons, up to 3 times daily in liquid or soft foods. You can also use Perdiem, Metamucil, Citrucel, or Konsyl (any other bulk agent that contains psyllium).



Miller's Bran: 4-6 tablespoons each day (available in Health Food Stores)

If bowel movements are particularly hard, 1 Surfak should only be used on an occasional basis.

Adequate intake of fluids, as well as fiber, will help maintain soft stools.

How much do you need each day to control constipation, maintain bowel regularity, and promote good colon health?

Men age 50 years or younger: 38 grams of dietary fiber daily.

Men age 50 years or older: 30 grams of dietary fiber daily.

Women age 50 or younger: 25 grams of dietary fiber daily.

Women age 51 years or older: 21 grams of dietary fiber daily.

Suggestions:

½ soluble fiber intake from Oats, Oat bran, Legumes and Fresh and dried fruits. Plus, ½ soluble fiber intake of whole grains.

½ cup of super fiber cereal (100% bran) + 2 tablespoons of Benefiber or any other or Miller's bran.

4-6 tablespoons of Benefiber or any other, or Miller's bran per day to be added to soup, cereal, salad, yogurt, or cottage cheese.

Substitute fresh fruit for fruit juice and brown rice for mashed potatoes.

Use fiber additives slowly and increase amounts gradually over time.

Drink at least eight glasses of fluid each day, unless you have severe heart or kidney problems. Fiber without enough liquids can cause constipation. Water, juice, and non-caffeinated beverages are best.

Side Effects:

Eating a large amount of fiber in a short period of time can cause intestinal gas (flatulence), bloating, and abdominal cramps. This usually goes away once the natural bacteria in the digestive system get used to the increase in fiber in the diet. Adding fiber to the diet gradually, and not all at one time, can help reduce gas or even diarrhea.

Too much fiber may interfere with the absorption of minerals such as magnesium, zinc, iron, and calcium. However, this usually does not cause too much concern since high-fiber foods are usually rich in minerals.