



Colon & Rectal Surgery

**High-fiber Diet**

A high-fiber diet (5-8 grams of crude fiber a day) improves stool bulk. A gradual buildup over 2-3 weeks may help minimize the discomfort often related to increasing dietary fiber. Cutting back on refined carbohydrates is desirable as they contain little or no bulk, and they decrease your appetite for other foods.

Here is the fiber content of various fruits and vegetables:

*Fair*—Less than 1 gram/serving

*Good*—1 gram/serving

*Excellent*—2-3 grams/serving

Fair	Good	Excellent
Apricots, canned Asparagus Beans (green, yellow) Beets Cabbage, cooked Cantaloupe Carrots, cooked Cauliflower Cherries Corn Cucumber Fruit cocktail Grapefruit Grapes (Thompson seedless) Lettuce Mushrooms, canned Pineapple, canned/raw Potatoes (white) Spinach Squash (summer) Tangerines Tomatoes Turnip Greens Turnips	Apples, raw/frozen slices/dried/ cooked Applesauce, canned Apricots, raw Bananas Beet greens Blueberries, raw/canned Broccoli Brussels sprouts Cabbage, raw Carrots, raw Eggplant Figs, fresh/canned Grapes Honeydew melon Oranges Peaches, raw/dried/cooked Pears, canned Peppers (green) Potatoes (sweet) Prunes Pumpkin Radishes Raisins Squash (winter) Strawberries, fresh/frozen Watermelon	Apricots, dried/cooked Artichokes Avocados Blackberries, raw/canned Dates Figs, dried Kumquats Mangoes, raw Pears, raw Raspberries, raw/frozen

<b>Food</b>	<b>Allowed</b>	<b>Food to Avoid</b>
Beverage	As desired. 6-8 servings of fluid daily.	Excessive amounts of concentrated carbohydrates (carbonated drinks, imitation fruit drinks, etc.)
Bread/Cereals	4+ servings daily: Whole-grain breads and cereals. Good sources of crude fiber include All-Bran, Bran Flakes (40%), Raisin Bran, Wheat Chex, Grape-Nuts, granola.	Sugar-coated cereals; products such as sweet rolls, donuts. Limit refined grain products.
Nuts & Seeds	As desired. All nuts and seeds are good sources of fiber.	None
Dried Beans & Peas	As desired. Dried beans and peas are good sources of fiber.	None
Fruit & Fruit Juice	2+ servings daily. See previous list.	Limit those canned in heavy syrup.
Vegetables	4+ servings daily. See previous list.	None
Meats	All meat, fish, poultry, eggs.	None
Milk & Cheese	2+ servings daily. All types of milk or cheese.	Limit milk products with concentrated syrup or sugar.
Soup	As desired.	None
Seasonings	All herbs, spices, condiments.	None
Desserts	Any in moderation.	Limit candy.
Fats	As desired.	None

*Excerpted with permission from the American Society of Colon & Rectal Surgeons*