# SCHOOL OF MEDICINE

## **Section of Colon and Rectal Surgery**

#### How to Take Fiber

- 1. Why fiber? The purpose of a fiber supplement is to add bulk to your stool and to consolidate the stool so it is easier to pass. Fiber is also good for your heart, blood vessels and colon and it lowers cholesterol. Everybody needs 25-30 grams of fiber each day.
- 2. Why do I need a fiber supplement if I am not constipated? The amount of daily fiber supplement that we recommend here is not considered a laxative. If you were to take 3-4 times that amount, it could have a laxative effect. The goal is to help you have bowel movements that are easy to pass.
- 3. Every morning, take one of the following:
  - a. **Coarse milled or Original Texture Metamucil powder**, 2-3 tablespoons of orange flavored or 2-3 teaspoons of unflavored in juice.
  - b. Konsyl powder, 2-3 level teaspoons
- 4. Mix the fiber supplement in 8 ounces of water, juice or sugar-free flavored beverage of your choice. It is best to use a shaker cup or a cup with a lid. Shake vigorously and then drink quickly. Then, pour a small amount of water into the cup, swirl and drink to consume the rest of the fiber in your cup. You can obtain a free shaker cup at www.konsyl.com.
- 5. **Diabetics**: Konsyl powder is sugar-free and is preferred for diabetics. You can mix in water or the sugar-free flavored beverage of your choice.
- 6. Every day, drink 6 8 (8 ounce) glasses of caffeine-free beverages, preferably water. You can drink caffeinated beverages, but don't count them when you add up your daily fluid intake total.
- 7. Can I take my fiber in the evening? Do not take your fiber supplement in the evening as it has the potential to cause constipation. However, if you have loose or watery stools, you may try taking your fiber supplement at night to help thicken your stools.
- 8. Fiber supplements for travelers:
  - a. Metamucil & Konsyl are available in individual dose packets. You can ask the pharmacist to order a box for you.
  - b. Metamucil fiber wafers (2 wafers = 1 dose & 120 calories)
  - c. Fiber One bars & cereal
- 9. Why not fiber pills? We have found that fiber pills or capsules, smooth texture or easy-mix powders, and fiber supplements that dissolve in liquids are not as effective as the supplements listed above.
- 10. Does fiber in Metamucil or Konsyl cause intestinal gas? Metamucil and Konsyl sometimes cause intestinal gas for a week or so until your body becomes accustomed to the fiber. If you have significant gas, try a carton of yogurt with active culture daily.
- 11. When can I stop taking the fiber supplement? Never. Fiber is a forever deal if you wish to prevent hemorrhoids, constipation, anal fissures and other colon/rectal problems.

### High Fiber Food Chart

### Category A (more than 7 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Avocado	1 medium	11.84
Black beans, cooked	1 cup	14.92
Bran cereal	1 cup	19.94
Broccoli, cooked	1 cup	10.97
Green peas, cooked	1 cup	8.84
Kale, cooked	1 cup	7.20
Kidney beans, cooked	1 cup	13.33
Lentils, cooked	1 cup	15.64
Lima beans, cooked	1 cup	13.16
Navy beans, cooked	1 cup	11.65
Oats, dry	1 cup	12.00
Pinto beans, cooked	1 cup	14.71
Split peas, cooked	1 cup	16.27
Raspberries	1 cup	8.34
Rice, brown, uncooked	1 cup	7.98
Soybeans, cooked	1 cup	7.62

#### Category B (more than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Almonds	1 oz.	4.22
Apples, w/skin	1 medium	5.00
Banana	1 medium	3.92
Blueberries	1 cup	4.18
Cabbage, cooked	1 cup	4.20
Cauliflower, cooked	1 cup	3.43
Corn, sweet	1 cup	4.66
Figs, dried	2 medium	3.74
Flax seeds	3 tsp	6.97
Garbanzo beans, cooked	1 cup	5.80
Grapefruit	1/2 medium	6.12
Green beans, cooked	1 cup	3.95
Olives	1 cup	4.30
Oranges, navel	1 medium	3.40
Рарауа	1 each	5.47
Pasta, whole wheat	1 cup	6.34
Peach, dried	3 pcs.	3.18
Pear	1 medium	5.08
Pistachio nuts	1 oz	3.10
Potato, baked w/ skin	1 medium	4.80
Prunes	1/4 cup	3.02
Pumpkin seeds	1/4 cup	4.12
Sesame seeds	1/4 cup	4.24
Spinach, cooked	1 cup	4.32
Strawberries	1 cup	3.98
Sweet Potato, cooked	1 cup	5.94
Swiss chard, cooked	1 cup	3.68
Turnip greens, cooked	1 cup	5.04
Winter squash	1 cup	5.74
Yam, cooked cubes	1 cup	5.30

#### Category C (less than 3 grams per serving)

FOOD	AMOUNT	TOTAL FIBER (grams)
Apricot	3 medium	0.98
Apricots, dried	5 pieces	2.89
Asparagus, cooked	1 cup	2.88
Beets, cooked	1 cup	2.85
Bread, whole wheat	1 slice	2.00
Brussels sprouts, cooked	1 cup	2.84
Cantaloupe, cubes	1 cup	1.28
Carrots, raw	1 medium	2.00
Cashews	1 oz.	1.00
Celery	1 stalk	1.02
Collard greens, cooked	1 cup	2.58
Cranberries	1/2 cup	1.99
Cucumber, sliced w/ peel	1 cup	0.83
Eggplant, cooked cubes	1 cup	2.48
Kiwifruit	1 each	2.58
Mushrooms, raw	1 cup	1.36
Mustard greens, cooked	1 cup	2.80
Onions, raw	1 cup	2.88
Peanuts	1 oz	2.30
Peach	1 medium	2.00
Peppers, sweet	1 cup	2.62
Pineapple	1 cup	1.86
Plum	1 medium	1.00
Raisins	1.5 oz box	1.60
Romaine lettuce	1 cup	0.95
Summer squash, cooked	1 cup	2.52
Sunflower seeds	1/4 cup	3.00
Tomato	1 medium	1.00
Walnuts	1 oz.	2.98
Zucchini, cooked	1 cup	2.63