



**ST. MICHAEL'S
HOSPITAL**
Dún Laoghaire

Pelvic Floor Centre
High fibre diet



The Importance of Fibre

Fibre is an important requirement in our diet and is also known as roughage or bulk. Fibre is a part of a plant that provides and maintains the plants structure.

All fibre is indigestible by the human body and helps to retain water in the bowel and promotes bowel contractions that keep the food moving forward. Therefore fibre helps to bulk and soften the bowel motion which means that the bowel motion is easier to pass.

This helps to prevent constipation and straining. It is, therefore, important in maintaining daily bowel function and is particularly important with certain bowel conditions.

Goals of a High Fibre Diet

This diet is recommended for patients who are prone to constipation or large bowel conditions that benefit from a high fibre diet such as diverticular disease. Diverticular disease is a very common benign bowel condition that results in pockets being formed in the bowel due to high internal pressures. This high pressure is relieved by the increase in fibre.

The recommended daily fibre intake in a high fibre diet is 25-35 grams of fibre a day. We recommend that this high fibre diet needs to be taken with plenty of liquids including water and juices. Drink at least eight cups or five mugs (1.5-2 litres) of fluid per day. The following table shows foods that should be eaten and those to be avoided. Meat and dairy products are low in fibre.

	Recommended Foods
Cereals	Bran, shredded wheat, shreddiees, weetabix, wheatgerm, oatmeal, rye, muesli, porridge, soya bean
Bread / crackers	All varieties of brown bread, rolls, crackers, crispbreads
Pasta and rice	Wholegrain pasta, brown, red, wild rice
Vegetables	All types of vegetables are encouraged
Fruit	All fruits are encouraged
Legumes / Nuts/ Beans	Baked beans, lentils ,cooked kidney beans
Cakes and biscuits	All cakes and biscuits made with wholemeal flour, spelt, dried fruit, nuts, coconut
Miscellaneous	Peanut butter, popcorn, nuts, coconut, dried fruits

Examples of high fibre content foods

Cereals	All-Bran	¼ cup	8.5g
	Wheatgerm	1/3 cup	3.4g
	Shredded wheat	2/3cup	2.6g
	Oatmeal	¾ cup	1.6g
Bread/Crackers	Crisp rye bread	2 pieces	2.0g
	Crisp wheat bread	2 pieces	1.8g
	Whole wheat bread	1 slice	1.4g
Pasta and Rice	Brown spaghetti	1 cup	3.9g
	Brown rice	1 cup	1.0g
Vegetables	Peas	½ cup	3.6g
	Corn (canned)	½ cup	2.9g
	Parsnip	½ cup	2.7g
	Potato (with skin)	1	2.5g
	Brussels sprouts	½ cup	2.3g
	Carrots	½ cup	2.3 g
	Broccoli	½ cup	2.2g
	Spinach	½ cup	2.1g
Fruit	Pear (with skin)	1 large	6.2g
	Pear (skinless)	1 large	5.0g
	Apple (with skin)	1	3.5g
	Raisins	¼ cup	3.1g
	Raspberries	½ cup	3.1g
	Prunes	3	3.0g
	Strawberries	1 cup	3.0g
	Orange	1	2.6g
	Banana	1	2.4g
	Blueberries	½ cup	2.0g
	Peach with skin	1	
Legumes / Nuts / Beans	Baked beans	½ cup	8.9g
	Kidney beans (cooked)	½ cup	7.3g
	Lentils	½ cup	7.3g
Miscellaneous	Peanuts	10 nuts	1.4g
	Almonds	10 nuts	1.1g

Meal Plan

Breakfast	Wholegrain cereal with milk Wholemeal bread, toast Fresh fruit, fruit juice Glass of fluid e.g. water, juice, milk, tea, coffee
Mid-morning	Piece of fruit Wholemeal scone Wholegrain biscuit Glass of fluid (see previous)
Lunch	Vegetable soup Wholemeal bread, roll, pitta bread filled with lean meat, chicken, fish, egg and salad vegetables Fresh fruit Glass of fluid (see previous)
Mid afternoon	As per mid morning
Dinner	Fish, chicken, lean meat, beans, lentils Large serving of vegetables, salad Wholegrain pasta, brown rice, potatoes Fresh, cooked, tinned fruit Glass of fluid (see previous)
Supper	Wholemeal bread or brown scone or wholegrain biscuit Glass of fluid (see previous)

It is important to ensure that you are eating a balanced diet and more information regarding fibre content of food can be found at www.bladderandbowel.org or www.indi.ie

SVHG document control

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