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## Patient information: High fiber diet

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**HIGH FIBER DIET OVERVIEW** — Eating a diet that is high in fiber has many potential health benefits, including a decreased risk of heart disease, stroke, and type 2 diabetes. Because high fiber foods may be healthy for reasons other than their fiber content, the research has not always been able to determine if fiber is the healthful component. A high fiber diet is a commonly recommended treatment for digestive problems, such as constipation, diarrhea, and hemorrhoids, although individual results vary widely, and the scientific evidence supporting these recommendations is weak.

Fiber is normally found in beans, grains, vegetables, and fruits. However, most people do not eat as much fiber as is commonly recommended. This topic discusses what fiber is, why it is helpful, and how to increase dietary fiber.

**WHAT IS FIBER?** — There is no single dietary "fiber." Traditionally, fiber was considered that substance found in the outer layers of grains or plants and which was not digested in the intestines. Wheat bran, the outer layer of wheat grain, fit this model. We now know that "fiber" actually consists of a number of different substances. The term "dietary fiber" includes all of these substances and is now considered a better term than just "fiber."

Most dietary fiber is not digested or absorbed, so it stays within the intestine where it modulates digestion of other foods and affects the consistency of stool. There are two types of fiber, each of which is thought to have its own benefits:

- Soluble fiber consists of a group of substances that is made of carbohydrates and dissolves in water. Examples of foods that contain soluble fiber include fruits, oats, barley, and legumes (peas and beans).
- Insoluble fiber comes from plant cells walls and does not dissolve in water. Examples of foods that contain insoluble fiber include wheat, rye, and other grains. The traditional fiber - wheat bran - is a type of insoluble fiber.
- Dietary fiber is the sum of all soluble and insoluble fiber.

**BENEFITS OF A HIGH FIBER DIET** — The health effects of a high fiber may depend to some extent on the type of fiber eaten. However, the difference between the health effects of two types of fiber are not very clear and may vary between individuals, so many providers encourage adding

fiber in whatever way is easiest for the patient.

There are several potential benefits of eating a diet with high fiber content:

- Insoluble fiber (wheat bran, and some fruits and vegetables) has been recommended to treat digestive problems such as constipation, hemorrhoids, chronic diarrhea, and fecal incontinence. Fiber bulks the stool, making it softer and easier to pass. Fiber helps the stool pass regularly, although it is not a laxative. (See "[Patient information: Constipation in adults](#)" and "[Patient information: Hemorrhoids](#)" and "[Patient information: Chronic diarrhea in adults](#)".)
- Soluble fiber ([psyllium](#), pectin, [wheat dextrin](#), and oat products) can reduce the risk of coronary artery disease and stroke by 40 to 50 percent (compared to a low fiber diet) [[1,2](#)].
- Soluble fiber can also reduce the risk of developing type 2 diabetes. In people who have diabetes (type 1 and 2), soluble fiber can help to control blood glucose levels.
- It is not clear if a high fiber diet is beneficial for people with irritable bowel syndrome or diverticulosis. Fiber may be helpful for some people with these diagnoses while it may worsen symptoms in others.

**HOW MUCH FIBER DO I NEED?** — The recommended amount of dietary fiber is 25 grams (for women) to 30 grams (for men) of fiber per day. By reading the nutrition label on packaged foods, it is possible to determine the number of grams of dietary fiber per serving ([figure 1](#)).

**Dietary sources of fiber** — The fiber content of many foods, including fruits and vegetables, is available in the table ([table 1](#)). Breakfast cereals can be a good source of fiber. Some fruits and vegetables are particularly helpful in treating constipation, such as prunes and prune juice.

**Other sources of fiber** — For those who do not like high-fiber foods such as fruits, beans, and vegetables, a good source of fiber is unprocessed wheat bran; one to two tablespoons can be mixed with food (one tablespoon contains 12 grams of fiber).

In addition, a number of fiber supplements are available. Examples include [psyllium](#), [methylcellulose](#), [wheat dextrin](#), and calcium [polycarbophil](#). The dose of the fiber supplement should be increased slowly to prevent gas and cramping, and the supplement should be taken with adequate fluid. The fiber in these supplements is mostly of the soluble type.

**FIBER SIDE EFFECTS** — Adding fiber to the diet can have some side effects, such as abdominal bloating or gas. This can sometimes be minimized by starting with a small amount and slowly increasing until stools become softer and more frequent.

However, many people, including those with irritable bowel syndrome, cannot tolerate fiber supplements and do better by not increasing fiber in their diet. (See "[Patient information: Irritable bowel syndrome](#)".)

**WHERE TO GET MORE INFORMATION** — Your healthcare provider is the best source of information for questions and concerns related to your medical problem.

This article will be updated as needed every four months on our web site ([www.uptodate.com/patients](http://www.uptodate.com/patients)).

Related topics for patients, as well as selected articles written for healthcare professionals, are also available. Some of the most relevant are listed below.

**Patient Level Information:**

Patient information: Constipation in adults

Patient information: Hemorrhoids

Patient information: Chronic diarrhea in adults

Patient information: Irritable bowel syndrome

**Professional Level Information:**

Colorectal cancer: Epidemiology, risk factors, and protective factors

Diet in the treatment and prevention of hypertension

Lipid lowering with diet or dietary supplements

Prudent diet

Management of chronic constipation in adults

The following organizations also provide reliable health information.

- National Library of Medicine

([www.nlm.nih.gov/medlineplus/dietaryfiber.html](http://www.nlm.nih.gov/medlineplus/dietaryfiber.html), available in Spanish)

- National Institute on Diabetes and Digestive and Kidney Diseases

([www.niddk.nih.gov](http://www.niddk.nih.gov))

- Harvard School of Public Health

([www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber/index.html](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber/index.html))

[1-4]

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## REFERENCES

1. Gillman MW, Cupples LA, Gagnon D, et al. Protective effect of fruits and vegetables on development of stroke in men. JAMA 1995; 273:1113.
2. Jensen MK, Koh-Banerjee P, Hu FB, et al. Intakes of whole grains, bran, and germ and the risk of coronary heart disease in men. Am J Clin Nutr 2004; 80:1492.
3. Negri E, Franceschi S, Parpinel M, La Vecchia C. Fiber intake and risk of colorectal cancer. Cancer Epidemiol Biomarkers Prev 1998; 7:667.
4. Willett WC. Diet and cancer: an evolving picture. JAMA 2005; 293:233.

## GRAPHICS

### Nutrition label

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| <b>Nutrition Facts</b>  |                     |
|---|---------------------|
| Serving Size 1 Cup (148g/5.3oz)   |                     |
| <b>Amount Per Serving</b>   |                     |
| <b>Calories</b> 100   | Calories from Fat 0 |
| <b>% Daily Value*</b>   |                     |
| <b>Total Fat</b> 0g   | <b>0%</b>           |
| Saturated Fat 0g  | <b>0%</b>           |
| <b>Cholesterol</b> 0mg  | <b>0%</b>           |
| <b>Sodium</b> 0mg   | <b>0%</b>           |
| <b>Potassium</b> 720mg  | <b>21%</b>          |
| <b>Total Carbohydrate</b> 26g   | <b>9%</b>           |
| Dietary Fiber 3g  | <b>12%</b>          |
| Sugars 3g   |                     |
| <b>Protein</b> 4g   |                     |
| Vitamin A 0% • Vitamin C 45%  |                     |
| Calcium 2% • Iron 6%  |                     |
| Thiamin 8% • Riboflavin 2%  |                     |
| Niacin 8% • Vitamin B <sub>6</sub> 10%                                  |                     |
| Folate 6% • Phosphorous 6%  |                     |
| Zinc 2% • Magnesium 6%  |                     |
| <small>*Percent Daily Values are based on a 2,000 calorie diet.</small> |                     |

**Dietary fiber content = 3 grams**

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This is an example of a nutrition label. To know how much fiber is in a food, look at the line that reads "dietary fiber." This product has 3 grams of fiber in each serving. %: percent.

## Amount of fiber in different foods

| Food                                       | Serving         | Grams of fiber |
|--|-----------------|----------------|
| <b>Fruits</b>                              |                 |                |
| Apple (with skin)                          | 1 medium apple  | 4.4            |
| Banana                                     | 1 medium banana | 3.1            |
| Oranges                                    | 1 orange        | 3.1            |
| Prunes                                     | 1 cup, pitted   | 12.4           |
| <b>Juices</b>                              |                 |                |
| Apple, unsweetened, w/ added ascorbic acid | 1 cup           | 0.5            |
| Grapefruit, white, canned, sweetened       | 1 cup           | 0.2            |
| Grape, unsweetened, w/added ascorbic acid  | 1 cup           | 0.5            |
| Orange                                     | 1 cup           | 0.7            |
| <b>Vegetables</b>                          |                 |                |
| <b>Cooked</b>                              |                 |                |
| Green beans                                | 1 cup           | 4.0            |
| Carrots                                    | .5 cups sliced  | 2.3            |
| Peas                                       | 1 cup           | 8.8            |
| Potato (baked, with skin)                  | 1 medium potato | 3.8            |
| <b>Raw</b>                                 |                 |                |
| Cucumber (with peel)                       | 1 cucumber      | 1.5            |
| Lettuce                                    | 1 cup shredded  | 0.5            |
| Tomato                                     | 1 medium tomato | 1.5            |
| Spinach                                    | 1 cup           | 0.7            |
| <b>Legumes</b>                             |                 |                |
| Baked beans, canned, no salt added         | 1 cup           | 13.9           |
| Kidney beans, canned                       | 1 cup           | 13.6           |
| Lima beans, canned                         | 1 cup           | 11.6           |
| Lentils, boiled                            | 1 cup           | 15.6           |
| <b>Breads, pastas, flours</b>              |                 |                |
| Bran muffins                               | 1 medium muffin | 5.2            |
| Oatmeal, cooked                            | 1 cup           | 4.0            |
| White bread                                | 1 slice         | 0.6            |
| Whole-wheat bread                          | 1 slice         | 1.9            |
| <b>Pasta and rice, cooked</b>              |                 |                |
| Macaroni                                   | 1 cup           | 2.5            |

|                     |       |      |
|---------------------|-------|------|
| Rice, brown         | 1 cup | 3.5  |
| Rice, white         | 1 cup | 0.6  |
| Spaghetti (regular) | 1 cup | 2.5  |
| <b>Nuts</b>         |       |      |
| Almonds             | 1 cup | 17.4 |
| Peanuts             | 1 cup | 12.4 |

To learn how much fiber and other nutrients are in different foods, visit the United States Department of Agriculture (USDA) National Nutrient Database at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. *Created using data from the USDA National Nutrient Database for Standard Reference. Available at <http://www.nal.usda.gov/fnic/foodcomp/search/>.*

