

HIGH FIBER DIET

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Beverages Milk - 2 cups at least daily.	Milk (any kind) milk drinks, coffee, tea, decaffeinated coffee, carbonated beverages	None
Meat, Fish, & Poultry 2 servings daily (2-3oz) cooked, lean, excluding bone.	One serving may be a meat substitute such as: 2 eggs, 2 oz. cheddar type cheese, $\frac{1}{2}$ cup cottage cheese, 1 cup cooked, dried beans, peas or lentils or 4T. peanut butter. Include liver occasionally.	None
Cheese	All	None
Eggs 3-4 times a week	Cooked.	None
Fruits - 4 or more servings daily, one of which is citrus fruit or juice	Fresh, frozen, stewed, dried or canned fruits. Eat whole fruits including their skins. Example: fresh apples, grapes, pears, apricots, peaches, plums, w/skin. Dates, figs, prunes, pineapples, berries, fresh grapefruit & orange with white membrane. Juice especially prune juice.	None
Vegetables 3-4 servings daily.	Fresh, frozen, dried or canned, served cooked or raw. Include 1 or 2 salads daily stressing raw vegetables such as broccoli, brussel sprouts, cabbage, cauliflower, celery, carrots, kale, onions, turnips, fresh tomatoes. Corn, peas, parsnips, baked beans.	None

SAINT MARY HOSPITAL, HOBOKEN, NEW JERSEY

HIGH FIBER DIET (cont)

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Potato or Substitute 1-2 servings daily	White preferably with skin, sweet potato, macaroni, spaghetti, noodles, rice or barley preferably whole grain	None
Bread & Cereal 4-5 servings daily	Whole grain breads and cereals. Whole grain cooked and prepared cereals - all Bran, 40% Bran Flakes, grapenuts, shredded wheat, cornflakes, puffed wheat. Whole wheat flour.	Refined breads and cereals. Refined cooked & prepared cereals.
Fats Minimum of 3 tsp.	Butter, fortified margarine, cooking fats and oils, salad dressings, crisp bacon=1 strip.	None
Soups	Preferably with whole vegetables.	None
Desserts	Preferably those containing fruits, nuts, and whole grains.	None
Sweets	All	None
Miscellaneous	Nuts, olives, pickles, sauces, spices, salt, vinegar, popcorn.	None

SAMPLE MENU

BREAKFAST

4 stewed prunes
 $\frac{1}{2}$ c. All Bran
 1 soft cooked egg
 1 slice whole wheat
 or Rye toast
 1 tsp. fortified margarine
 1 cup milk
 coffee or tea, sugar

LUNCH

1c. vegetable soup
 2 oz. roast beef
 sandwich w/sliced
 tomatoes on 2 pieces
 of whole wheat bread
 w/1 tsp. fortified margarine
 celery & carrot sticks
 1 piece blueberry pie
 $\frac{1}{2}$ c. milk
 coffee or tea, sugar

DINNER

3oz. broiled chicken
 baked potato
 $\frac{1}{2}$ c. green peas
 1 slice whole wheat bread
 1 tsp. fortified margarine
 $\frac{1}{2}$ c. fresh orange & grapefruit
 sections
 $\frac{1}{2}$ c. milk, coffee or tea
 sugar

SNACK: 1 fresh apple, large.