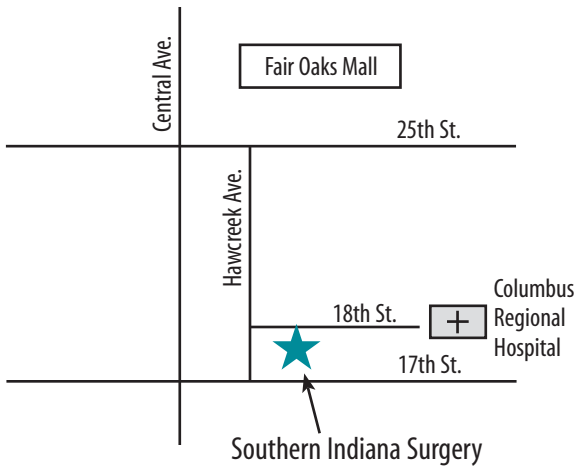


## Hours

Monday through Friday, 8 a.m. to 5 p.m.

For more information, please discuss your symptoms with your primary care physician or call Southern Indiana Surgery at (800) 815-7671.



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## The Importance of a Healthy, High-Fiber Diet



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## Lower Your Risk for Cancer

A diet high in fiber has been shown to help prevent some forms of cancer. It also promotes all-around good health. A high fiber diet can keep your bowels functioning normally.

Fiber promotes regular bowel function by helping the bowels absorb water, which results in softer stools. Stools that are easier to pass prevent constipation. As you increase the fiber in your diet, you may have an increase in the size and the amount of your stool. This can help you avoid pain from hemorrhoids by preventing straining when you have a stool.

A high fiber diet can help reduce the pressure in the bowel and is very important in the treatment of diverticulosis and irritable bowel disease.



### High-Fiber Diet Benefits

Most foods that are high in fiber are usually low in fat. Studies also show that a high fiber diet:

- is indicated for cancer prevention.
- can aid in preventing over eating by increasing food bulk, resulting in “feeling full” sooner.
- has been shown to help control blood sugar in people with diabetes.
- can help to lower blood cholesterol.

### High-Fiber Foods

Food	Serving size	Fiber (gm)
Bran muffin	1	2.5
Whole wheat bread	1 slice	1.4
All-Bran	1/3 cup	8.5
Corn Bran	2/3 cup	5.4
Spaghetti, wheat	1 cup	3.9
Grape	1/2 cup	0.6
Lentils, cooked	1/2 cup	7.3
Navy beans, cooked	1/2 cup	6.0
Carrots, cooked	1/2 cup	2.3
Canned corn, cooked	1/2 cup	2.9
Peas, cooked	1/2 cup	3.6
Apple with skin	1	3.5
Peach with skin	1	1.9
Raisins	1/4 cup	3.1
Raspberries	1/2 cup	3.1

Visit [www.sisurgery.com](http://www.sisurgery.com) for a complete list of foods and fiber content.

### Getting more fiber in your diet

Many foods and liquids are high in fiber. Drink six to eight cups of fruit and vegetable juices and/or water daily. Eating fiber without drinking an adequate amount of liquids can cause a worsening of symptoms of constipation.

Some people use fiber only when they “need” it during times of constipation or other bowel distress. A more appropriate approach would be to use fiber on a daily basis to prevent colon problems before they start!



### Doctor’s advice: Start out small

Doctors recommend you should try to consume at least 25 grams of fiber a day. Start out with small amounts of fiber and increase the amount as your body gets used to it.

Some foods containing fiber can cause an increase in intestinal gas. By consuming a small amount of fiber, at first, you will be able to find out which fiber foods agree with you and which don’t.

Of note, meat, fish, poultry, eggs and dairy products do not contain fiber.

### Your SIS Medical Expert



#### **Anita Norris, N.P.**

With advanced skills in physical assessment, diagnosis, and illness management, Anita previously served at the Pain Clinic of Southern Indiana and worked at the Post-Anesthesia Care Unit in Columbus Regional Hospital.

Anita earned her Master’s Degree from Indiana University and Board Certification from the American Nurses Credentialing Center. She is licensed as a Nurse Practitioner and Registered Nurse in the state of Indiana. She also holds prescriptive privileges in the state.