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# High Fiber for Healthy Bowels

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Fiber can help your bowels work better. There are two types of fiber, and it is best to have both in your diet.

## **Insoluble Fiber**

Also known as “roughage”, insoluble fiber adds soft bulk to stool which makes it easier to pass. It also helps speed up the movement of food through the digestive tract. Because of this, it can be helpful in preventing constipation, relieving hemorrhoids, and preventing diverticular disease.

Examples: whole grains, bran cereals, nuts, seeds, popcorn, and skins of fresh fruits and vegetables.

## **Soluble Fiber**

Soluble fiber can improve the consistency of liquid stools, as well as soften hard stools. It can help promote regular bowel movements. Soluble fiber also stimulates growth of good bacteria that are healthy for your intestinal cells.

Examples: oatmeal, barley, beans, psyllium (a fiber supplement), and the flesh of fresh fruits and vegetables.

- Breakfast cereals can be a great fiber source to start the day.
- Fiber is only found in plant foods.
- There is no fiber in animal foods (meat, fish, dairy, eggs)
- Increase fiber slowly.
- Drink plenty of fluid.

You should aim to consume \_\_\_\_\_ grams of fiber per day.