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High-Fiber Diets

Patient name: _____ Admission: _____

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- I. The client/caregiver can describe benefits of an increased fiber diet.**
- A. Fiber cannot be digested. It goes through the large intestine without being absorbed and helps create bulk and formation of stool. This helps in preventing and/or relieving constipation.
 - B. High-fiber diets may help lower cholesterol levels.
 - C. High-fiber diets may also decrease risks of certain cancers.
 - D. High-fiber diets may contribute to weight loss due its ability to create a feeling of fullness when included in meal.
 - E. Some fibers help slow glucose absorption.
 - F. The average adult is advised to take in 20 to 35 g of fiber per day. The typical intake is about half of that amount.

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- II. The client/caregiver can list ways to increase fiber in diet.**
- A. Eat five servings of fruits and vegetables a day.
 - B. Choose whole fruits and vegetables over juice when possible.
 - C. Eat foods with whole grains instead of refined grains.
 - D. Read food labels carefully. Choose cereals and breads that have at least 5 g of fiber per serving.
 - E. Include beans in diet and meal planning.
 - F. Drink adequate amounts of water or fluids: six to eight glasses per day.