

High Fiber Diet



GASTROINTESTINAL & LIVER
CONSULTANTS

➔ **Fiber** is a carbohydrate found in fruits, vegetables, whole grains and legumes that has numerous health benefits. Adding fiber to your diet can help with constipation, diarrhea, hemorrhoids and diverticulosis.

5 Benefits of High Fiber Diet

- Reduces cholesterol levels
- Helps with weight loss (can help you feel fuller longer)
- Patients with diabetes: help control blood glucose levels
- Patients without diabetes: reduce risk of developing type 2 diabetes
- Improve constipation and hemorrhoid discomfort



High Fiber Foods

Fruits

Apple, berries, oranges, pear, prunes, avocado

Vegetables

green beans, carrots, cucumber, spinach, tomato

Legumes

kidney beans, lentils, black beans

Grains

Oatmeal, brown rice, whole wheat products

Nuts and seeds

almonds, sunflower seeds, peanuts, flax seeds

Fiber supplements

Metamucil, Citrucel, Benefiber, Fibercon

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