

Twin Forks Gastroenterology & Hepatology, P.C.
Eyad M. Ali, M.D.

HIGH FIBER DIET

Fresh Fruit 2 or more servings daily

Apples (with skin), grapefruit, bananas, peaches, pears, plums, cherries, apricots and grapes. All berries.

Breads and cereal: 4 or more servings daily

Whole grain bread (100% whole wheat, bran, or pumpernickel)

Dry or cooked cereals made from whole wheat, bran, oats, unprocessed wheat bran, or oat bran; whole grain crackers; bran muffins; brown rice.

Vegetables: 2 or more servings daily

Broccoli, brussels sprouts, peas, cabbage, carrots, celery, green beans, potatoes, zucchini, tomatoes, onions, and baked beans, corn and popcorn.