

# News to Digest

Health tips from your Gastroenterologist...



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## Dr. Fusco's High Fiber Diet

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### Most Americans Don't Eat Enough Fiber

Health experts agree that the typical American diet, deficient in fiber and bulk, is the primary cause of common digestive ailments such as chronic constipation, hemorrhoids, and diverticular disease. A high fiber diet will lessen the risk of obesity and Type II Diabetes. As food becomes more highly processed, most Americans need to eat more fiber. The minimum benchmark many dietitians use is 25 grams of fiber daily for women, and 30 grams daily for men. Most people in the United States average only 10 to 15 grams of dietary fiber daily and would benefit significantly from increasing their daily intake.

### My Daily Diet

#### 1. I begin the day with a high fiber cereal

There are many so-called "high fiber" cereals in our grocery stores. Don't confuse "whole grain" with high fiber. They are not the same. Although whole grain is an unprocessed kernel, it isn't necessarily high in fiber. Read the label. Your cereal should have at least 5 grams of fiber per serving.



My favorite choice of high fiber cereal is Fiber One. Fiber One alone is a bit bland, but can be improved with the addition of fresh fruit. *Fiber One Raisin Bran* and *Fiber One Honey Clusters* have more flavor, and each has about 11 - 13 grams of fiber per bowl. I let these cereals soak in the milk for a few minutes before adding my choice of canned or seasonal fresh fruit, which further increases the fiber content of my breakfast to half of my daily recommended benchmark amount of 30 grams. Another good choice would be a bowl of oatmeal with added fruit each morning.

#### 2. I eat two apples every day

I love apples. Not only for the flavor, but they also add about 10 grams of fiber to my daily intake. I usually eat one at lunchtime as I review my charts and one on the drive home.



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### **3. Eat 2 servings of vegetables with your dinner**

My wife is very informed about eating healthy meals and snacks. She helps me manage my daily ingestion of fruits and vegetables. We often split a package of frozen vegetables, such as a side dish with our dinner each night, adding 4 grams of fiber to my diet.

### **4. My “Magic Fiber Mix” is as easy as A, B, C**

I will be 78 on my next birthday and long ago joined the “Medicare club”. I have had 7 screening colonoscopies and numerous precancerous colon polyps removed. As I age, I have developed a fair amount of diverticulosis. I don’t want any more trouble. Therefore, to counteract future adverse discoveries, I believe that changing my diet simply by adding a daily fiber supplement and stool softener mix is the most effective antidote. It’s no bother to add the purchase of the three ingredients to your shopping cart. I shop at Costco, and every few months, I purchase larger containers of Metamucil, orange-flavored; Optifiber; and Laxaclear. Here’s what I do with them:

**A.** I add 1 CUP OF ORANGE-FLAVORED METAMUCIL in a large, lidded container.



Buying the generic psyllium powder will save you money, but it has a very gritty texture.

**B.** Add 2 CUPS OF COSTCO’S OPTIFIBER. (Brand name : Benefiber) to the Metamucil.



**C.** Add 1 CUP OF COSTCO’S LAXACLEAR.

Original brand name: Miralax.

CVS brand: Purelax.

Walgreen’s: Smoothlax.

Sams’s Club: ClearLAX.



Stir and shake this three-powder mixture until thoroughly combined. I store mine near the kitchen sink in a sealed container. An added bonus of this mixture is that there is no harmful stimulant laxative, which can cause cramps or laxative dependency if used too often. These products can be taken at this low dose indefinitely without harming your colon, and they are non-addictive.



Each morning before breakfast, I add TWO HEAPING TABLESPOONS OF THIS MIXTURE to 8 ounces of cold water. I stir it vigorously for about 30 seconds making sure that all the powder is dissolved. I often add shot of orange juice. It tastes fine and it only takes a few gulps to drink it all down. Not bad! I do this every day and all is well down below...Bottoms UP!

(It is best to take this around the same time as a meal - before, during, or after. Many patients start at twice a day and find that once a pattern of regular bowel movements is established, they can decrease this to just once a day.)



## Center for Digestive Health & Nutrition

The **Center for Digestive Health & Nutrition** is a private medical practice in Moon Township, PA.

Our seven experienced gastroenterologists, nurse practitioners and support staff are all dedicated to preventing and treating digestive disorders.

Our physicians have been successfully treating patients in and around Western Pennsylvania since 1977. The Center for Digestive Health & Nutrition is proud to have a combined medical staff clinical experience of over 250 years. We have provided attentive treatment to tens of thousands of individuals.

For more information, please call 412.262.1000 or access our website at [www.gihealth.com](http://www.gihealth.com).

Scan the QR code for FiberMix video



YouTube

# Fiber Content of Common Foods

Basically, the term fiber refers to carbohydrates that cannot be digested. Fiber is present in all plants that are eaten for food, including fruits, vegetables, grains, and legumes. Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

<b>Almonds</b> slivered 1 tbsp 0.6 sliced 1/4 cup 2.4	<b>Carrots</b> raw, slivered (4-5 sticks) 1/4 cup 1.7 cooked 1/2 cup 3.4	<b>Greens, cooked</b> 1/2 cup 20 collards, beet greens, dandelion, kale, Swiss chard	<b>Potatoes</b> Idaho, baked 1 sm (6 oz) 4.2 mashed potato (with 1/2 cup milk) 1/2 cup sweet: baked 1 sm (5 oz) 4
<b>Apple</b> raw 1 small 3 raw 1 med 4 raw 1 large 4.5 applesauce 2/3 cup 3.6	<b>Cauliflower</b> raw, chopped 3 tiny buds 1.2 cooked, chopped 7/8 cup 2.3	<b>Lentils</b> brown, raw 1/3 cup 5.5 brown, cooked 2/3 cup 5.5 red, raw 1/2 cup 6.4 red, cooked 1 cup 6.4	<b>Prunes</b> pitted 3 1.9
<b>Apricots</b> raw 1 whole 0.8 dried 2 halves 1.7 canned in syrup 3 halves 2.5	<b>Celery</b> raw 1/4 cup 2 chopped 2 tbsp 1 cooked 1/2 cup 3	<b>Lettuce</b> (Boston, leaf, iceberg) shredded 1 cup 0.8	<b>Radishes</b> 3 5
<b>Artichokes</b> cooked 1 large 4.5 canned hearts 4 or 5 sm 4.5	<b>Cereal</b> All-Bran 3 tbsp 5 Bran Buds 3 tbsp 5 Bran Chex 2/3 cup 5 Bran Flakes, plain 1 cup 5 with raisins 1 cup 6 Cornflakes 3/4 cup 2.6 Cracklin' Bran 1/2 cup 4 oatmeal 3/4 cup 7.7 Nabisco 100% Bran 1/2 cup 4 Puffed wheat 1 cup 3.3 Raisin Bran 1 cup 5 Wheaties 1 cup 2	<b>Macaroni</b> whole wheat, cooked 1 cup 5.7 regular baked 10 oz 2.2	<b>Raspberries, red</b> fresh/frozen 1/2 cup 4.6 Raspberry jam 1 tbsp 1
<b>Asparagus</b> cooked, small spears 1/2 cup 1.7	<b>Cherries</b> sweet, raw 10 1.2 sweet, raw 1/2 cup 1.0*	<b>Muffins</b> English, whole wheat 1 whole 3.7 Bran, whole wheat 2 4.6	<b>Rice</b> white 1/2 cup 2 brown 1/2 cup 5.5 instant 1 serv 0.7
<b>Avocado</b> diced 1/4 cup 1.7 sliced 2 slices 0.9 whole 1/2 avg.size 2.8	<b>Chickpeas (garbanzos)</b> canned 1/2 cup 6 cooked 1 cup 12	<b>Mushrooms</b> raw 5 sm 1.4 sautéed or baked 4 lg 2 canned sliced 1/4 cup 2	<b>Sauerkraut</b> canned 2/3 cup 3.1
<b>Baked beans</b> in sauce (8-oz can) 1 cup 16	<b>Corn (sweet)</b> on cob 1 med ear 5 kernels 1/2 cup 5 cream-style, canned 1/2 cup 5 succotash 1/2 cup 6	<b>Noodles</b> whole wheat egg 1 cup 5.7 spinach whole wheat 1 cup 6	<b>Shredded wheat</b> large biscuit 1 piece 2.2 spoon size 1 cup 4.4
<b>Banana</b> whole 1 med 8" 3	<b>Crackers</b> graham 2 1.4 Ry-Krisp 3 2.3 Triscuits 2 2 Wheat Thins 6 2.2	<b>Onion</b> raw 1 tbsp 0.2 cooked 1/2 cup 1.5 instant minced 1 tbsp 0.3 green, raw (scallion) 1/4 cup 0.8	<b>Spaghetti</b> whole wheat, plain 1 cup 5.6 with meat sauce 1 cup 5.6 with tomato sauce 1 cup 6
<b>Beans</b> black, cooked 1 cup 19.4 Great Northern 1 cup 16 kidney beans, canned or 1/2 cup 9.7 cooked 1 cup 19.4	<b>Cucumber, raw</b> unpeeled 10 thin slices 0.7	<b>Orange</b> 1 lg 7.0 1 sm 3.5	<b>Squash</b> summer (yellow) 1/2 cup 2 winter 1/2 cup 3.5
<b>Beets</b> cooked, sliced 1/2 cup 2.5 whole 3 sm. 3.7	<b>Dates, pitted</b> 2 3.9	<b>Peach</b> raw 1 med 2.3 canned in light syrup 2 halves 1.4	<b>Zucchini</b> raw or cooked 1/2 cup 3
<b>Blackberries</b> raw, no sugar 1/2 cup 4.4 canned, in juice pack 1/2 cup 5 jam, with seeds 1 tbsp 0.7	<b>Eggplant</b> baked with tomatoes 2 thick slices 4	<b>Peanut butter</b> 1 tbsp 1.8	<b>Strawberries</b> 1 cup 3
<b>Bread</b> Boston brown 2 slices 4.0 cracked wheat 2 slices 3.6 high-bran bread 2 slices 7.0 white 2 slices 1.9 dark rye (whole grain) 2 5.8* slices 5.8* pumpnickel 2 slices 4 seven-grain 2 slices 6.5 whole wheat 2 slices 6 whole wheat raisin 2 slices 6.5	<b>Endive, raw</b> salad 10 leaves 0.6	<b>Peanuts</b> dry roasted 1 tbsp 1.1	<b>Sunflower</b> kernels 1 tbsp 0.5 Sweet pickle relish 1 tbsp 0.5
<b>Broccoli</b> raw 1/2 cup 4 frozen 4 spears 5 fresh, cooked 3/4 cup 7	<b>Figs</b> dried 3 10.5 fresh 1 2	<b>Pear</b> 1 med 8.8	<b>Tomatoes</b> raw 1 sm. 1.4 canned 1/2 cup 1 sauce 1/2 cup 0.5
<b>Brussel sprouts</b> cooked 3/4 cup 3 1 cup 9.6	<b>Grapefruit</b> 1/2 3	<b>Peas</b> green, fresh or frozen 1/2 cup 9.1 black-eyed 1/2 cup 8 split peas, dried 1/2 cup 6.7 cooked 1 cup 13.4	<b>Walnuts</b> shelled, chopped 1 tbsp 1.1
<b>Cabbage, white or red</b> raw 1/2 cup 1.5 cooked 2/3 cup 3	<b>Grapes</b> white 20 1 red or black 15-20 1	<b>Peas and carrots</b> frozen 1/2 pkg(5 oz) 6	<b>Watermelon</b> 1 thick slice 0.8
	<b>Green (snap) beans</b> fresh or frozen 1/2 cup 2.1	<b>Peppers</b> green sweet, raw 2 tbsp 0.3 green sweet, cooked 1/2 cup 1.2 red sweet (pimento) 2 tbsp 1 red chili, fresh 1 tbsp 1.2 dried, crushed 1 tsp 1.2	<b>Yams</b> (orange fleshed sweet potato) cooked or baked 1 med (6oz) 6.8