



Dietary fiber is an important part of your high calorie diet. Fiber-rich foods have nutrients needed for overall health. Fiber helps keep the bowel movements (BM) softer and easier to pass and can add bulk to loose stools. Eating enough fiber can keep healthy bacteria in the intestines.

How Do I Get Enough Fiber?

- [] Eat a variety of fiber-rich foods throughout the day, every day.
- [] Read food labels and look for foods with 3 or more grams of fiber per serving.
- [] Eat cereals with 5 or more grams of fiber per serving. Examples of high fiber cereals are: bran cereals, whole grain oat bran puffs, oatmeal squares, and mini shredded wheat.
- [] Use whole grain cereals, breads, crackers, pastas and rice.
- [] Eat beans, peas and lentils.
- [] Snack on nuts, seeds, and dried fruits.
- [] Enjoy fruits and vegetables. Fruits with edible seeds and skins are high in fiber. High calorie examples are: skin on french fries, carrot-raisin salad, and coleslaw.
- [] Drink enough fluid to help the fiber work.
- [] Other actions: _____

Why should I care?

Eating high fiber foods, drinking enough fluid, being physically active, and taking your enzymes all help keep your intestines working properly. Having normal BMs helps you feel well and have a better appetite.

How Much Fiber Do I Need?

There is no specific recommendation for daily fiber intake for persons who have CF. It is important to eat high fiber foods every day. The recommended daily fiber intake for persons who do not have CF is:

Age (years)	Total Fiber (grams daily)
1 - 3	19
4 - 8	25
9 and older	26 to 38



What Are Good Sources of Fiber?

Fruits, vegetables, dried beans and legumes, and foods made from whole grains are great sources. In general, foods that are not overly processed have more fiber. Some healthy high fiber, high calorie examples are:

Food	Grams of Fiber
Baked beans:	1/2 cup 8
Ham and bean soup:	1 cup 8
Chili with beans:	1 cup 8
Corn on the cob:	1 medium 5
Raw apple with crunchy peanut butter:	1 Tbsp 5
Whole wheat pasta:	1/2 cup 5
Green peas:	1/2 cup 4
Raisin bran cereal:	1/2 cup 3
100% whole wheat bread:	1 slice 3
Whole wheat crackers:	6 3
Whole wheat tortilla:	1 3
Raisins:	1/4 cup 2
Fig cookies:	2 2
Trail mix:	3 Tbsp 2

Make a cereal "sundae" by sprinkling high fiber cereal on whole milk yogurt or ice cream, top with raisins and nuts. Try mixing a high fiber cereal with your favorite cereal.

Can I Get Too Much Fiber?

Yes, in two ways: too much in one day and increasing your intake too quickly. Either of these can cause gas and belly pain. When adding fiber to your diet, do so slowly. Ask your CF Center Registered Dietitian for more details about fiber especially for you.



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