

Fiber-rich foods for the Bariatric Patient

Dietary fiber is an essential component of a healthy diet. Fiber, along with adequate fluids, helps keep your digestive tract functioning properly along with other health benefits.

A high fiber diet helps:

- Regulate bowel movements
- Protect against certain forms of cancer
- Lower cholesterol
- Control blood sugars
- Increase fullness to help manage weight

Fiber can be found in plant foods, such as vegetables, fruits, legumes, nuts, seeds and grains. For bariatric patients, grains (i.e. rice, noodles, bread, crackers, chips, etc.) can cause dumping syndrome or may trigger grazing and intake of excess calories. Nuts and seeds, while healthy for your heart, are very calorie dense and add up quickly. **It's best to focus on eating fruits, veggies and legumes to get your fiber needs met and avoid grains, nuts, and seeds.**

The daily fiber recommendation for adults is 25 - 30 grams. After bariatric surgery, it can be a challenge to take in adequate fiber from foods due to the high protein intake and the smaller portion sizes overall. This will take some time to achieve after surgery. Aim for 15 grams of fiber for every 800 - 1000 calories eaten, when you are able to incorporate more vegetables, fruits and legumes.

Tips:

- Increase fiber gradually to avoid bloating and intestinal gas; 1 – 2 weeks at a time.
- Be sure to spread out your fiber intake throughout the day rather than loading up at one meal.
- Eat whole fruits and vegetables instead of juice.
- Legumes are a great source of fiber and have “bonus” grams of protein.



The A List = contains 2.5 or more grams of fiber per serving



Vegetables

Food	Amount	Calories	Fiber
Artichokes (cooked)	1 small	35	5
Artichoke hearts (canned)	½ cup	45	7
Broccoli (cooked)	½ cup	30	2.5
Carrot (cooked)	½ cup	30	2.5
Jicama	½ cup	25	3
Kohlrabi	½ cup	20	2.5
Parsnips (cooked)	½ cup	5	3
Peas	½ cup	70	4
Pumpkin (canned)	½ cup	45	3.5
Sweet potato (yams)	½ cup	115	4.5
Turnip greens	½ cup	15	2.5

Fruits

Food	Amount	Calories	Fiber
Blackberries	½ cup	30	4
Cranberries (raw)	½ cup	25	2.5
Guava	½ cup	55	4.5
Lemon	½ cup	30	3
Pear (1 small)	½ cup	45	2.5
Prunes (dried, unsweetened)	½ cup	135	4
Pomegranate seeds	½ cup	70	3.5
Raspberries	½ cup	30	4





Legumes

Food	Amount	Calories	Fiber
Adzuki beans	½ cup	150	8.5
Black beans	½ cup	100	7
Cannellini beans	½ cup	120	5.5
Fava beans	½ cup	95	4.5
Garbanzo beans	½ cup	150	7
Great Northern beans	½ cup	120	5.5
Lentils	½ cup	110	7.5
Lima beans	½ cup	105	6.5
Lupini beans	½ cup	100	2.5
Navy beans	½ cup	130	9.5
Pinto beans	½ cup	125	17
Non-fat refried beans	½ cup	90	5.5
Red kidney beans	½ cup	105	6.5
Black-eyed peas	½ cup	100	5.5
Split peas	½ cup	115	8

The B List = contains 1.0 - 2.0 grams of fiber per serving

Vegetables

Food	Amount	Calories	Fiber
Asparagus	½ cup	20	2
Beets	½ cup	35	1.5
Beet greens	½ cup	20	2
Bell peppers (green)	½ cup	15	1.5
Bell peppers (red)	½ cup	20	1.5
Brussel sprouts	½ cup	25	2
Butternut squash (raw)	½ cup	30	1.5
Cabbage (cooked)	½ cup	15	1.5
Carrot (raw)	½ cup	25	2
Cauliflower (cooked)	½ cup	10	1.5
Collard greens	½ cup	15	2
Corn	½ cup	80	2
Green beans	½ cup	20	2
Kale (cooked)	½ cup	15	1.5

Food	Amount	Calories	Fiber
Mushrooms (cooked)	½ cup	20	1.5
Mustard greens	½ cup	10	1.5
Okra	½ cup	15	2
Onions (cooked)	½ cup	45	1.5
Potato (white)	½ cup	70	1.5
Spinach (cooked)	½ cup	20	2
Swiss chard	½ cup	15	1.5
Turnips	½ cup	15	1.5

Fruits

Food	Amount	Calories	Fiber
Apple	1 small	35	1.5
Apricot	½ cup	35	1.5
Banana (1 small)	½ cup	70	2
Blueberries	½ cup	40	2
Cherries	½ cup	45	1.5
Grapefruit	½ cup	35	1.5
Kiwifruit	1 small	25	1
Mango	½ cup	50	1.5
Nectarine	½ cup	30	1
Orange	½ cup	40	2
Papaya	½ cup	30	1
Peach	½ cup	30	1.5
Pineapple	½ cup	40	1
Plum	½ cup	35	1
Star fruit (carambola)	½ cup	20	2
Strawberries	½ cup	25	1.5
Tangerines (1 large)	½ cup	50	2

For information about over the counter fiber products and how to deal with constipation, look in your notebook until tab 8.

