

High-Fiber Diet

In the United States, the consumption of foods rich in fiber has decreased over the past five or six decades. Although the need for fiber in the diet has not yet been adequately defined, current trends encourage the ingestion of more fiber. A diet that includes high-fiber foods helps promote the elimination of waste through the gastrointestinal tract. No recommendations for minimum or maximum levels of fiber intake have yet been set. However, research is

currently being done to determine these levels and to establish whether including fiber-rich foods in the diet has a beneficial or an adverse effect.

When the suggested foods and number of servings are included each day, the following diet provides the Recommended Dietary Allowances* for good nutrition, as established by the Food and Nutrition Board of the National Research Council, 1980.

*For women of childbearing age, supplemental iron may be necessary.

Suggested Menu Guide

Breakfast	Dinner
Grapefruit sections	Baked chicken
Poached egg on cracked wheat toast	Baked potato
Bran and raisin cereal	Broccoli
Margarine	Tossed salad (sprinkle with unprocessed bran)
Milk	Salad dressing
Hot or cold beverage	Strawberries
	Milk
Lunch	Hot or cold beverage
Navy bean soup	
Hamburger on whole-wheat bun	Snacks
Tomato and onion slices	Fresh fruits
Condiments as desired	Raw vegetables
Apple	Nuts and seeds
Hot or cold beverage	Fruit juice

Food Groups

Milk
2 8-oz
servings

Vegetables
2-3 servings

Best Choices

Whole, 2%, skim, chocolate
Buttermilk
Yogurt (add fruits and nuts)

Alternate Choices

All other cooked
vegetables

Fruits
2-3 ½-cup
servings

All fresh fruits, especially
those with edible skins,
membranes, and seeds
Dried fruits

All cooked and
canned fruits
Fruit juices

Meats
2 3-oz
servings
plus 1 egg/day
as desired

Beef, chicken, lamb, pork, veal,
fish, and seafood

Miscellaneous

Crunchy peanut butter

**Bread and
Cereal Products**
4 servings

Nuts and nut products, seeds,
popcorn, jams, and preserves
with seeds
Coconut
Desserts containing nuts,
seeds, and coconut

Bread, rolls, and muffins made
with bran, whole-grain
flour, seeds, or nuts

Coarse, dry cereals made
from bran, whole grains,
nuts, seeds, or coconut
Crackers made from bran or
whole grain
Whole-grain rice and pasta
products
Unprocessed bran (2 tbsp/day)

Cooked cereal
made from
whole grains

Drink 8-10 glasses of liquid per day.



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