

A HEALTHY BALANCE...

A High Fiber Diet for Better Health

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for eating a high fiber diet, especially after a colonoscopy to identify a GI problem. Essential in treating gastro problems, including IBS (irritable bowel syndrome), constipation, diverticular disease and Crohn's disease, fiber may help prevent colon cancer, hemorrhoids, hiatal hernias, duodenal ulcers and cholelithiasis. Added benefits of a high fiber diet include maintaining a healthy weight, lowering cholesterol and reducing the risk of heart disease and diabetes.

Thanks for making

Jordan & Associates Gastroenterology
your GI partner.

Together, we can make a positive difference
in your health and well-being!



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High Fiber Foods Are Good Medicine!

The secret to good GI health rests on these three recommendations:

1 EAT HIGH FIBER FOODS

2 EXERCISE

3 DRINK WATER

Boost your gastro and overall health by filling half your plate with fresh fruits and vegetables. One-quarter of your plate should be grains; make sure half of them are whole grains (brown/wild rice, quinoa, pilaf, bulgur, barley...even popcorn!). Start adding high fiber foods slowly, working your way up to a fiber-full diet over a few weeks. And drink plenty of water—fiber needs water to work in—and for—your body.

These High Fiber Foods Protect GI and Overall Health

Beans	½ cup navy beans (9.5 grams) ½ cup kidney beans (8.2 grams) ½ cup black beans (7.5 grams)
Bread	1 whole wheat English muffin (4.4 grams)
Fruit	1 medium pear (4.3 grams) ½ cup raspberries (4 grams) 1 medium apple (3.3 grams) ½ cup stewed prunes (3.8 grams)
Cereals	¾ cup Total cereal (2.4 grams) ½ cup All-Bran cereal (9.6 grams) ¾ cup Post Bran Flakes cereal (5.3 grams) 1 packet hot oatmeal or Wheatena (3 grams)
Vegetables	1 medium sweet potato with skin (4.8 grams) 1 cup green peas (4.4 grams), ½ cup mixed vegetables (4 grams) 1 medium potato with skin (3.8 grams) ½ cup winter squash (2.9 grams) ½ cup turnip greens (2.5 grams) 1 cup cauliflower (2.5 grams) ½ cup spinach (3.5 grams)

Be Kind to Your Gut: Avoid These Low Fiber Foods

Want a happier GI system? Avoid processed and refined foods, including canned fruits and vegetables, juices without pulp, white breads and pasta, and cereals that are not whole grain.

For more information, visit the National Institutes of Health's US National Library of Medicine, <https://www.ncbi.nlm.nih.gov>, <https://www.mayoclinic.org>, <https://www.choosemyplate.gov/>, and the US Department of Agriculture and US Department of Health and Human Services, Dietary Guidelines for Americans 2005