

Wellness with Parkinson's



Fiber



Fiber is important treatment for the constipation so often a problem for people with Parkinson's. There are many other reasons to increase the fiber in diet. Studies show that fiber may reduce your risk of colon cancer and other conditions. See fiber article in nutrition tips section of this website

- The recommended daily intake of fiber is 20-30 grams daily. This is a difficult goal for many but the following tips will help you reach this target.
- Psyllium a soluble fiber found in supplements such as Metamucil add a small amount of dietary fiber to your diet and can be helpful when taken with water for constipation. May also help lower cholesterol.
- Read labels. You will be surprised that whole grain products do not mean that they are high fiber. Whole wheat or multigrain products are more about marketing (leading you to believe they are high fiber foods. Search for foods with whole grains and nutty texture. Look for bread with 5 to 6 grams per slice.
- Select whole fruit instead of juice. Drink juice with pulp for added fiber.
- For more information on high fiber foods, log on to <http://dietaryfiberguide.com/>

High Fiber Foods:

- Vegetables
 - Avocado. 11 g
 - Artichoke 10.3g
 - Peas 1 cup 9g

- Broccoli 1 cup 5g
- Greens
- Fruits
 - Raspberries, blueberries 1 cup 8g
 - Pear or apple with skin 4-6g
 - Strawberries 1 1.4 cup 3.8g
 - Orange 3.1g
 - Prunes 3 2g
- Beans, Nuts and Seeds
 - Lentils 1 cup 15.6
 - Beans 1 cup 11-15g
 - Flax seed 1 Tbs (healthy fats) 3.4g
 - Almonds ¼ cup (healthy fats) 2.4g
 - Walnuts ¼ cup (healthy fats) 1.1g
- Grains
 - Pasta 1 cup 6g
 - Barley 1 cooked cup 6g
 - Oatmeal 1 cooked cup 4g
 - Brown rice 1 cooked cup 3.5g