



Fiber and Colon Health

Fiber has a number of health benefits that include normalizing bowel function and preventing constipation. Ideally it is best to get fiber from your diet because supplements do not have the vitamins and minerals that are available in foods. Fiber rich foods include fruits, vegetables, grains, cereal, pasta, legumes, nuts, and seeds. Daily fiber intake should be 25 grams in females and 38 grams in males. Realizing that it can be difficult to meet daily fiber needs for an average American diet supplements are available.

Common fiber supplements

- Psyllium (Metamucil and Konsyl)
- Natural wheat dextrin fiber (Benefiber)
- Methylcellulose (Citrucel)

Of note fiber supplements can cause increased bloating and gas but those symptoms should subside in a few days to weeks.

It is important to increase your fluid intake when you take a fiber supplement. Two liters (8 glasses) of water or non-carbonated, non-caffeinated, or non-alcoholic beverage per day is an adequate intake of liquid to meet your needs.

Remember to follow instructions given to you by your healthcare provider. The above material is for additional information only and does not replace the instructions given to you by your physician.