



## *Diet*

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### ***You should add soluble fiber to your diet.***

There are two forms of fiber - soluble (dissolves in water) which is present in larger quantities in the husk of grains and lentils for example and insoluble fiber which is in fruits and vegetables.

Your body is short of the soluble fiber.

For colo-rectal health 25 grams of soluble fiber a day are required. Unfortunately the average North American diet only contains 15 grams a day. The reason for this is that carbohydrates are refined and fiber extracted (e.g. white bread, white sugar) and salt and sugar added to make the food more tasty. [http://huhs.harvard.edu/assets/File/OurServices/Service\\_Nutrition\\_Fiber.pdf](http://huhs.harvard.edu/assets/File/OurServices/Service_Nutrition_Fiber.pdf)

Lack of fiber is implicated in constipation, high cholesterol, higher risk of colo-rectal cancer, maturity onset diabetes and obesity among other diseases. A recent study in Europe shows a reduction of 40% in colon cancer among those taking a high fiber diet (Bingham SA, Day NE, Luben R, Ferrari Pet al, 2003).

Modern dietary practice suggests a “G-I diet”

as the model diet we should all use. Later on we can tell you about this but for now we want to get you started on a diet that will simply and effectively help your problem without any other diet modification.

In the morning you should take 2 table-spoons of oat bran or wheat bran or whole/rolled/pearl barley or flax or Metamucil<sup>®</sup>, Citrucel<sup>®</sup> or Benefiber<sup>®</sup>. You can ring the changes if you find one works better than another for you. These can be added to your cereal in the morning or mixed in with yoghurt or put in soup. You must take in 7 to 8 glasses of water daily (12 ounce glasses) as well for this to work properly.

There can be problems with this regimen if you have kidney problems or are on water pills (diuretics) and your doctor will change this plan for you.

Taking probiotics such as Lactobacillus Bulgaris (1 to 4 capsules daily) can be used if you can't drink a lot of water or constipation persists.