

Fiber information for patients

Two types of fiber: For stools to pass easily, it's important to have two types of fiber in your diet: water soluble and insoluble.

Fiber is a staple tool for digestive health. Ideal to aim for 25-30 g of fiber each day.

Bowels appreciate slow change. Do it slowly. Adding too much fiber too quickly can promote gas bloating and cramping. Increase gradually over a few weeks ie 3-5 g per week and monitor changes in stool with each week. Notice and write down any changes.

Water Soluble	Water Insoluble
Absorb water during digestion Help increase stool bulk Help gel up soft or watery stools	Remains unchanged during digestion and help movement and motility of your stool through the GI Tract
Soluble: Dissolves in water to form a gel like substance Slows digestion to absorb more nutrients. Helps stool pass smoothly Improves form and consistency.	Insoluble: Does not dissolve in water Helps stool pass through the digestive tract Provides stool bulk Softens stools Helps with speed
Can find in: <ul style="list-style-type: none">· Fruits· Apples, peaches and pears· Veggies· Dry beans, lentils, and peas· Barley oats· Oat bran	Can find in: <ul style="list-style-type: none">· Edible peel or seed of fruits and veggies· Whole grain: bread ,pastas, cracker,· Bulgar wheat· Stone ground corn meal· Cereal· Bran· Rolled oats· Buckwheat· Brown rice

Fiber supplements are helpful for diarrhea and constipation and some are specific to constipation.

Soluble fibers: dissolve in water and form a gel, help with both diarrhea and constipation

Psyllium husk and methocellulose are soluble fibers that also work well for constipation and diarrhea.

Calcium polycarbophil is a non-fermentable insoluble fiber that acts like a soluble fiber making it effective for both constipation and diarrhea.

Constipation:

Check to see if you are on any medications that have a side effect of constipation.

Insoluble fibers stimulate the colon to make water and mucus helping to build soft easily passable stools

Flaxseed and coarse wheat bran are insoluble fibers which act as laxatives and stimulate the colon to make water and mucus to help prevent or resolve constipation.

Fiber make-up matters: capsule, gummy, or powder

-May need to make more capsule or gummies to equal same dose of fiber form.

Psyllium husk and flaxseed natural: synthetic calcium polycarbophil and methocellulose.

Supplements are not monitored by the FDA: look for 3rd party testing and check for dyes and sugar. Remember: ALL SUPPLEMENTS REQUIRE ADEQUATE FLUIDS to be effective.

Psyllium Husk Soluble fiber

Powder

https://www.amazon.com/Konsyl-Daily-Psyllium-Fiber-Gluten-Free/dp/B08T1R7WJZ?crd=SIECI E383SZX&keywords=konsyl+ground&qid=1647354424&sprefix=konsyl+ground+,aps,120&sr=8-3 &linkCode=s11&tag=functionalp09-20&linkId=d7eede4b839407abb7a623ecb6707f57&language =en_US&ref =as_li_ss_tl

Capsule

https://www.amazon.com/Konsyl-Daily-Psyllium-Capsules-Keto-Friendly/dp/B08CY5PT4D?crd=D76DROP13BEL&keywords=konsyl+daily+psyllium+fiber&qid=1647354355&sprefix=Konsyl,aps, 131&sr=8-6&linkCode=s11&tag=functionalp09-20&linkId=f0327eaf7c991bb82218dc3bc0a9b87a &language=en_US&ref =as_li_ss_tl

FiberCon insoluble

https://www.amazon.com/Fibercon-Comfortable-Insoluble-Irregularity-Constipation/dp/B0CFM 7D6SF/ref=asc_df_B0CFM7D6SF/?tag=hyprod-20&linkCode=df0&hvadid=673665749265&hvpos

[=&hvnetw=g&hvrnd=13911876966408554445&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001896&hvtargid=pla-2201737959578&psc=1&mcid=e82a01d99c7234bd9e6ef7ae947cda75](https://www.amazon.com/Spectrum-Essential-Flaxseed-Organic-Grnd/dp/B00012NHAC/ref=asc_df_B00012NHAC/?tag=hyprod-20&linkCode=df0&hvadid=642189852167&hvpos=&hvnetw=g&hvrnd=13911876966408554445&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001896&hvtargid=pla-2201737959578&psc=1&mcid=e82a01d99c7234bd9e6ef7ae947cda75)

Flaxseed

https://www.amazon.com/Spectrum-Essential-Flaxseed-Organic-Grnd/dp/B00012NHAC/ref=asc_df_B00012NHAC/?tag=hyprod-20&linkCode=df0&hvadid=642189852167&hvpos=&hvnetw=g&hvrnd=5652902536157380835&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001896&hvtargid=pla-526110656575&psc=1&mcid=6762e84841313b4daa84c2819d7c55fe

Citrucel:

https://www.amazon.com/Citrucel-Caplets-Therapy-Occasional-Constipation/dp/B004RFF630/ref=asc_df_B004RFF630/?tag=hyprod-20&linkCode=df0&hvadid=632141675728&hvpos=&hvnetw=g&hvrnd=13489123026950635066&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001896&hvtargid=pla-1018471222692&psc=1&mcid=7e9b202accd132118064a9a988bf39d1&gclid=Cj0KCQiA2eKtBhDcARIsAEGTG42JjkaKBK5UDLRXB5c1YHmU4DbuOK-BJv09Ve4900xP8XB8Dznhf88aAmWMEALw_wcB

Probiotics:

A good Probiotic can be helpful.

A good Prebiotic can help the probiotic.

Probiotics: not all created equal. Can be incredibly health supportive or largely ineffective based on which strains of probiotics are included, whether the brand is reliable, and some other factors.

Probiotics should contain at least 10 billion CFUs of a variety of lactobacillus and bifactor bacterium species to help restore the normal balance of flora in your gut and repair your gut barrier function. Recommend taking them daily for a couple of months then backing down to a few days each week if you want to continue (reference Dr. Aviva Romm).

-Handout courtesy of Meghan Kasper PT, DPT