

Dietary Management for ABL



Penn Urogynecology



Table of Contents

Accidental Bowel Leakage	3
Common Causes of ABL	4
The Story of the Food We Eat.....	5
Healthy Diet for Senior Women	6
Diet Strategies for ABL.....	8
Managing ABL Triggers.....	10
Fiber Supplementation	11
Definitions	14



Accidental Bowel Leakage (ABL)

What is ABL?

Accidental bowel leakage (ABL), also called fecal incontinence (FI), is the accidental passage of formed, soft and/or liquid fecal matter from the rectum. The accidental passage of fecal matter can occur with a strong urge to move the bowels, often when on the way to the toilet, or can happen without any warning. Sometimes people find their underwear soiled with liquid fecal matter, pieces of feces, or a full bowel movement.



ABL is a medical problem that affects almost 18 million adults in the United States. It affects all age groups but is more common in older adults and especially in older women. It is important to talk to your health care provider about your bowel leakage problem because there are many different reasons why accidents might occur. Before starting any of the strategies included in this booklet, it is important to discuss them first with your health care provider.



Common Causes of ABL

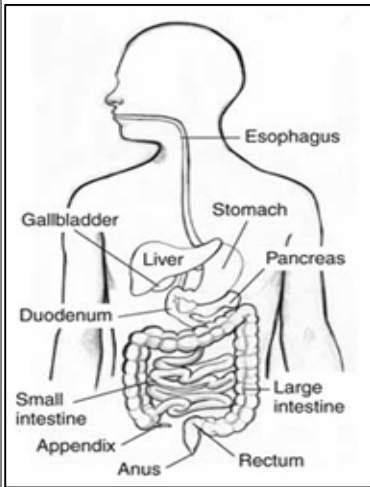
Many factors can affect our ability to control bowel movements.



- If the fecal matter moves too quickly through the colon (e.g. infection, use of laxatives, or irritable bowel syndrome), the waste remains liquid and is very difficult to control.
- If the fecal matter moves too slowly through the colon more water is absorbed causing bowel movements to become hard and difficult to pass. Slowing of the colon can be caused by inactivity, medications, a diet low in fiber, or medical problems. Sometimes liquid feces will accumulate behind pieces of hard fecal matter and start to seep out.
- The sphincter muscle might be damaged or weak, possibly due to childbirth or another trauma, making it difficult to delay a bowel movement or can allow feces to sneak out without awareness.
- Damage to nerves can impair the ability to feel or be aware of the need to have a bowel movement.
- As we age, the ability to digest food changes. Because of this, older people are at higher risk to develop changes in bowel movement frequency, consistency and control.
- ABL leakage may also be heredity, or an inherited characteristic from a family member.



The Story of the Food We Eat

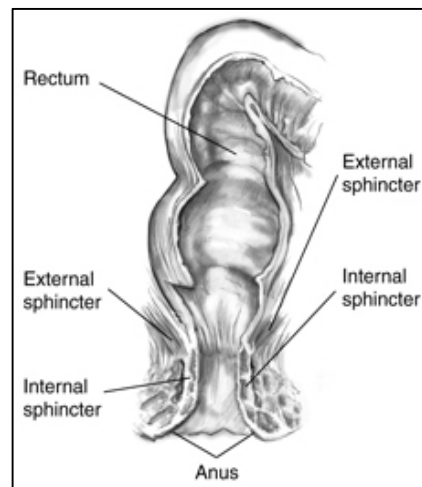


When we enjoy a good meal, there are a number of important things that happen in order for our bodies to benefit from the nutrients found in the food. Digestion, which is the process by which our body breaks down food into absorbable components starts as soon as we chew our first bite.

Our digestive track, which is a series of connected organs, enzymes, hormones, and bacteria, works to break down the food so that our body can use it.

By the time the food gets to the **colon**, the last organ in the system, it is a slushy-like liquid of waste material made up of things that our body does not need or cannot absorb. The job of the colon is to retrieve some last bits of nutrients but primarily to absorb water.

At the end of the colon is the **rectum** and the anus. The rectum holds waste material or feces until we reach a toilet. The **anus**, which is the final exit, is made up of muscles (sphincter) and very specialized sensory nerves.



The **sensory nerves** tell us if feces are gas, liquid, or solid. In other words, the nerves gauge whether we can wait or need to hurry to the toilet. The muscles help hold back the passage of feces until we get to the toilet.

Healthy Diet for Senior Women

Eating well is important at all stages of your life. As you age, selecting nutritious foods becomes even more important. Food choices can make a huge difference in your health, improve your self esteem, and keep you healthier longer!

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Tufts
UNIVERSITY

JEAN WALKER
USDA
HUMAN
NUTRITION
RESEARCH
CENTER ON
AGING
HNRCA

AARP Foundation®

MyPlate for Older Adults offers portion suggestions to help guide your meal decisions.

Dietary Recommendations

The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) created the following **daily** dietary guidelines for senior individuals. Meet as many targets as you can everyday!

Fruit - 1 ½ -2 ½ cups

*Ex. 16 grapes or a peach is a **half** cup of fruit*

Vegetables - 2-3 ½ cups

*Ex. Two handfuls of uncooked green, leafy vegetables is **one** cup of vegetables*

Grains - 5-10 ounces

*Ex. A slice of whole grain bread is about **one** ounce of grains*

Protein foods - 5-7 ounces

*Ex. One egg is **one** ounce of protein*

Dairy foods - 3 cups of fat-free or low-fat dairy

*Ex. Two tablespoons of cottage cheese are the same as a **half** cup of dairy*

Oils - 5-8 teaspoons

Be modest with oils and avoid fats that are solid at room temperature

Quick Reference

3 ounces of meat or poultry

1 deck of cards



1 cup of salad greens

1 baseball



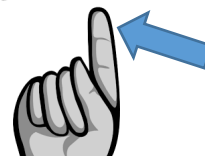
1½ ounces of cheese

4 dice



1 teaspoon of butter or margarine

Tip of your first finger



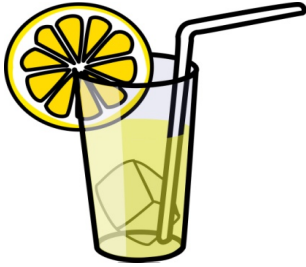
1 cup of cereal

1 fist



Diet Strategies for ABL

Maintain a Healthy Diet



Keeping a healthy diet and regular exercise is a great way to keep the bowel healthy. Maintaining normal hydration is healthy for the whole body, but especially for the colon. Drinking fluids, especially water, will help prevent constipation.

Trigger Identification

Monitoring your diet and bowel movements can help identify foods that affect your ABL. A helpful monitoring tool is called a bowel journal, or a log, which tracks your diet and bowel characteristics for a few weeks. Remember to share this log with your healthcare provider during your next appointment. Together you can review the journal to identify foods that trigger or aggravate your ABL. Below, there is an example of a bowel journal.

Date: Sunday, January 1, 2017

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
9 am	Oatmeal						
11 am		✓	7	Y		Ran to the bathroom	
12 pm	Almonds Apple						
2 pm	Brown rice Ground turkey Vegetables						
6 pm	Chicken Mashed potatoes Gravy						
7 pm		✓	6	Y	M		

BM = Bowel Movement
ABL = Accidental Bowel Leakage

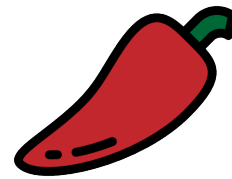
Common triggers are noted on the next page. However, every individual is unique. Finding your distinctive triggers can help you manage your ABL and regain control of your life!



Common Food Triggers

The following foods, or food additives, may aggravate bowel leakage:

- Foods with fructose, sorbitol, or artificial sweeteners
- Caffeine
- Dairy
- Certain vegetables and fruits such as figs, cabbage, and beans
- Greasy or oily foods
- Magnesium based supplements
- Spicy foods
- Alcohol
- Sugarless gum
- Excess vitamin/mineral supplements



Managing ABL Triggers

Elimination Method

Using a Bowel Journal can help you to identify foods that trigger your ABL. Temporarily eliminating, or removing, these foods from your diet can help you control your ABL! Many women begin with caffeine and fat as these ingredients commonly worsen ABL. Consider eliminating potential triggers from your diet and monitor the effect on your ABL.

Portion Control

Women report that the volume of food they eat seriously affects their ABL. Consuming large amounts of food resulted in increased frequency of trips to the bathroom and bowel leakage. Eating small amounts of food more frequently, instead of larger amounts in one sitting, can reduce the amount of waste you will need to later eliminate and the risk of leakage. Plating your food on a reasonably size plate using the guidelines on page 6 can help you maintain portion control.

Planning Ahead

Although common treatments for ABL often involve restricting your diet, it may be nice to occasionally treat yourself with a favorite food. If you believe this food will irritate your ABL, plan accordingly. Be prepared to do it while at home or where you have comfortable access to a restroom.

Fiber Supplementation

It is recommended that senior women consume at least 22 grams of fiber every day. However, many women do not eat enough fiber each day.

Foods High in Fiber Help ABL

One component of the diet that is particularly healthy for the bowel is fiber. Fiber is found in plants such as fruits, vegetables and grains.

How to Start a High Fiber Eating Plan to Help ABL

1. Start slowly with small amounts of fiber.
Your body needs time to adjust.
2. If you feel gas or bloating, which is common, only add a little bit more fiber each day.
3. Make sure that you drink plenty of fluids.
4. Add fiber at each meal.
 - add a bran muffin to your breakfast
 - start the day with a high fiber cereal
 - snack on raw vegetables or dried fruit
 - add an apple to lunch
 - choose soups with beans as the main ingredient
 - add nuts to your salad
 - replace breadcrumbs with unprocessed bran as a “filler” in recipes

Some foods high in soluble fiber are:

Oat bran
Barley
Nuts and Seeds
Beans and Lentils
Peas
Avocados
Raw spinach
Raw onions



Sample, High Fiber Meal Plan

Using a supplement is an effective way to increase your daily fiber intake. However, making strategic choices when it comes to your meals is an effective way to consume the recommended value of dietary fiber while consuming a balanced diet. See below for an example meal plan.

Breakfast

1 Cup Almond Milk
1 Large Apple
¼ Cup of Steel Oats w/ 12 Almonds

Fiber: 1g+4g+4g= 9g

Lunch

Black Bean Burger on 2 Slices of Whole Wheat Bread
Sweet Potato Fries (1 Serving, 18 pieces)

Fiber: 8g+3g=11g

Dinner

1 Cup Cooked Brown Rice
½ Cup of Steamed Spinach
¼ Cup Lima Beans
4 Oz. Oven Baked Chicken

Fiber: 3.5g+2g+8g+0g=13.5g

Healthy Snacks

Hummus and 1 Medium Carrot

Fiber:1g+1g= 2g

1 Cup Diced Pineapple

Fiber: 3g

Total Fiber: 6g+11g+13.5g+2g+3g= 38.5g

Stay Away From These Fiber Sources

Processed Foods
Boxed Foods
Refined Fiber

Read the fiber booklet for additional, high-fiber meal plans!

How to Use A Psyllium Supplement:

There are many types of fiber supplements. Research shows Psyllium is the best for treating ABL.

Psyllium fiber comes from the outer coating of the psyllium plant's seeds. Psyllium is commonly used to treat both constipation and loose stools.

- Start with a low dose – ½ tsp in 8 oz. of water/1 capsule
- Gradually increase the dose (as needed).
- Take your Psyllium 1hr before or 2-4 hours after taking other medications
- Always mix/take with 8 oz. of fluid
- Always take your fiber supplement when sitting in the upright position
- **DO NOT** take psyllium if you are having difficulty swallowing.

A potential side effect from any fiber product is gas and bloating. This tends to get better after about a month.

Where do I Find Psyllium?

- Konsyl Original, Orange Extra Strength, Capsules – both are sugar free, the orange flavor uses stevia as a sweetener
- Metamucil (contains sugar), Metamucil Sugar Free Orange, Capsules
- Generic Brands are available at many pharmacies and food stores (some have sugar added, others do not). Common names used include “psyllium husks”; “psyllium”; psyllium seed husks” “psyllium fiber”. Be sure to read the label to be sure you are getting pure psyllium and not a mix of psyllium and other additives.

Additional Instructions

ABL affects women in different ways. This space is for any additional, personalized instructions from your physician.

Definitions



Accidental Bowel Leakage (ABL)-The inability to control the bowel which can lead to solid or liquid stool leakage.

Diet Modification- A diet that excludes certain components to improve a particular health condition.

Psyllium- A form of fiber that come from a flower. It is commonly used to treat bowel conditions.

Sphincter- A ring of muscle that 'guards' or 'closes' an opening or tube. In this case, it is referring to the anal sphincter, near the rectum.

Trigger- Something that intensifies ABL symptoms. A trigger may have been identified using a bowel journal.

Urogynecology - Branch of medicine that deals with the dysfunction of the pelvic floor and bladder.



Ways to Naturally Increase Dietary Fiber





Table of Contents

Fiber Introduction	3
Soluble vs. Insoluble Fiber.....	5
Natural Ways to Increase Fiber	6
High Fiber Recipes	8
Poor Fiber Sources.....	12
Reading Nutrition Labels	13



Fiber

What is Fiber?

Fiber is a type of carbohydrate that the body is not able to digest. Fiber passes through the digestive system whole and helps regulate bodily functions, such as keeping blood sugar under control. Fiber comes in two forms, soluble and insoluble, both of which are great for your health!

Soluble vs. Insoluble Fiber

While both soluble and insoluble fiber are beneficial for your health, there are subtle differences between them that produce different responses in the body.

Soluble	Both	Insoluble
<ul style="list-style-type: none">- Does dissolve in water- Moves slowly through the digestive system and slows down bowels- Soft and easy to chew- Helpful for bulking up softer stools- Ex: Cantaloupes, pears, grapes, apples, and bananas	<ul style="list-style-type: none">- Aid in digestion- Beneficial for health- Commonly found together in foods	<ul style="list-style-type: none">- Cannot dissolve in water- Moves quickly through the digestive system and helps move fecal waste- Tough and hard to chew- Helpful to soften harder stools- Ex: Broccoli, beans, lentils, and leafy vegetables

Women over 50 years old should consume at least 21 grams of fiber each day. However, many Americans do not meet the general guidelines. This booklet will help you figure out ways to naturally consume enough fiber everyday before attempting fiber supplements.

Natural Ways to Increase Fiber

There are other ways to increase your fiber first without turning to supplements. Consuming foods that are healthy and naturally high in fiber produce the same results, with the additional benefit of vitamins and minerals! Mix and match the foods below **using an appropriate serving size** to consume *at least* 21g of fiber for a day.

Cooked Sources of Fiber

- 1 Cup of Lima Beans → 33g of Fiber
- 1 Cup of Chickpeas → 12 g of Fiber
- 1 Cup of Steel Cut Oatmeal → 10g of Fiber
- 1 Cup of Barley → 6g of Fiber
- 1 Cup of Quinoa → 5g of Fiber
- 1 Cup of Cracked Wheat → 4g of Fiber
- 1 Cup of Artichoke Hearts → 7g of Fiber
- 1 Cup of Okra → 3g of Fiber



Uncooked Sources of Fiber

- 1 Cup of Flax Seeds → 45g of Fiber
- 1 Cup of Chia Seeds → 10g of Fiber
- 1 Large Pear → 10g of Fiber
- 1 Cup of Mixed Berries → 6g of Fiber
- 1 Large Apple → 4g of Fiber

Poor Fiber Sources

Not all fiber is created equally. Chose natural sources of fiber when possible. Stay away from these fiber sources.

Refined Fiber

Refined fiber is produced by removing bran germs from whole kernels of wheat. Though the bran that is removed is indigestible, it carries the majority of vitamins and micronutrients contained in wheat. Consuming more than half of your daily allowance in refined grains, instead of



whole grains, may increase your risk for abdominal fat, heart disease, diabetes, and overall mortality. Select whole grains whenever possible. Some examples of whole grain ingredients are: barley, brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole grain corn, whole grain sorghum, whole oats, whole rye, and whole wheat.

Common Refined Fiber Sources: Instant oatmeal, boxed rice, white cereal, white bread, certain cakes (basically white wheat)

Ready Made, In a Box

Ready made, or boxed, foods are often advertised as a convenient option for meals. However, boxed foods often contain a large amount of preservatives, salts, and added sugars. The ingredients found in boxed foods are not necessarily the best for a well-balanced, senior diet. When faced with the decision of boxed or not, select the less preserved option.

A Supplement Only Fiber Source

While fiber supplements are a convenient way to consume a little more fiber each day, we should **not** rely solely on this as our only fiber source. Consuming natural fiber from fruits, vegetables, and unrefined wheat carries additional vitamin and mineral support.

Misconceptions about Fiber

“Salads are the best, and only, source of fiber”

Not 100% correct. Many Americans mistakenly believe a salad contains a day's source of fiber. Iceberg lettuce contains very few nutrients, so instead try darker greens such as a romaine mix! Top this mix with some Chia seeds, chickpeas, avocado, and a yummy vinaigrette for a light lunch. Being intentional with your salad ingredients can make a good salad great.

“Meat is a Good Source of Fiber, Right?”

Wrong! While meats do provide a number of nutrients, fiber is **not** one of them. However, that does not necessarily mean to eliminate meats from your diet. Instead, use lean meats such as chicken, turkey, and fish to help flavor entrees of more fibrous foods!

“White and Whole Wheat Breads are the Same”

Not true! As discussed on the previous page, refined grain products do not have the same fiber content as it's whole wheat counterparts. Grain products that appears bleached or white should be avoided. Instead, select grainy, brown products that are labeled 'multi-grain', 'whole-oat', or 'whole grain'.

“All vegetables are created equally”

No way! Although ideal, it can be difficult to consume a diet consisting of only of fresh fruits and vegetables, especially since there is a narrow window of time before the food spoils. Frozen and canned fruits and vegetables are picked at their peak, and preserved for long term freshness. So while a good option, it is important to select low/no salt options, and watch for preservatives.

“I only need to eat Fruit for Fiber”

Consuming lots of fruit on a daily basis can affect your blood sugar. Consume soluble and insoluble fiber jointly to reap all of the benefits. Try eating fruits earlier on in the day, and more vegetables later on.

5-Day High Fiber Meal Plan

Day 1: Breakfast

8 oz. Orange Juice (.5)
1 Cup of Grapes (2)
3 Cups of Sautéed Spinach (2)
1 Hard Boiled Egg

Fiber: = 4.5g

Lunch



*1 Avocado and White Bean Wrap (13.5)
1 oz. TERRA Mediterranean Chips (3)

Fiber: =16.5g

Dinner

1 Cup Cooked Brown Rice (4)
½ Cup of Corn (2)
¼ Cup Black Beans (4)
4 Oz. Broiled Chicken

Fiber: =10g

Healthy Snacks

Spinach Mango Smoothie (1 cup spinach, ¾ cup mango, 1 tbsp. Chia seeds)

Fiber:6g

1 Clementine

Fiber: 1.5g

Total Fiber: 38.5g

Day 2: Breakfast

- 1 Cup Sugar Free Cranberry Juice
- 14 Almonds (2)
- 1 Cup of Sugar Free Greek Yogurt
- 2 Figs, Sliced Thinly (3)

Fiber: 5g

Lunch

- 8 Multigrain Crackers (2)
- 2 Cups of Romaine Lettuce (2)
- Topped with:
 - 1 Sliced Avocado (10)
 - ¼ Cup Corn (2)
 - Handful of Tortilla Strips
 - Vinaigrette Dressing
 - 2 Oz of Canned Tuna

Fiber: 16g

Dinner

- 1 Cucumber, Sliced thinly and placed on toasted Ezequiel Bread with cream cheese (3.5)
- 2 Medium Celery Stalks with hummus (2)
- 1 Chicken Breast



Fiber: 5.5g

Healthy Snacks

- 2 Cups of Popcorn

Fiber: 2

- 1 Blueberry Bran Muffin

Fiber: 4.6g

Total Fiber: 33.1g

Day 3: Breakfast

1 Cup of Water with Lemon
Overnight Oats topped with 7 walnuts (8g)
2 Eggs, Boiled

Fiber: 8g

Lunch

2 Medium Wheat tortilla (6g)
Topped with:
½ Cups Roasted Chickpeas (6.2g)
½ Diced Tomato
Sprinkle of Feta Cheese
Diced Onions, to taste

Fiber: 12.2

Dinner

Turkey Burger on 2 slices of Ezequiel Bread (6g)
Topped with:
Spinach
Mayo
Seasoning, to taste
2 Medium Celery Stalks with peanut butter (2g)

Fiber: 8g

Healthy Snacks

1 Cup of Grapes

Fiber :1.4g

1 Apple and Peanut Butter

Fiber: 4g

Total Fiber: 33.6g

Day 4: Breakfast

2 Eggs, Scrambled

Add:

2 Cups of Spinach (1.5)
Onions
Peppers
Seasoning, to preference

Fiber: 1.5g

Lunch

2 Medium Wheat tortillas (6)

Topped with:

Ground Turkey, seasoned for tacos
1 Cup of Shredded Romaine Lettuce (1)
1/2 Cup Black Beans (7.5g)
Sprinkle of Mexican Cheese
Diced Onions, to taste

Fiber: 14.5

Dinner

Creamy Fettuccini with Brussel Sprouts and Mushrooms (14g)

Whole Wheat Dinner Roll (1)

Fiber: 15g

Healthy Snacks

1 oz. TERRA Chips

Fiber :3g

1 Blueberry Bran Muffin

Fiber: 4.6g

Total Fiber: 38.6g

Day 5: Breakfast

2 Whole Grain Waffles (3)

Add:

1 Cup of Cut Strawberries (3)
2 tbsp. of light whipped cream
honey, to taste

2 slices of turkey bacon

Fiber: 6g

Lunch

2 Slices of Ezekiel Bread (6g)

Topped with:

2 tbsp. Dijon Mustard
1 Cup of Shredded Romaine Lettuce (1)
3 Slices of Turkey
2 Slices of tomato
1 Slice of Cheddar Cheese

½ Cup of Black Beans (7.5)

Fiber: 14.5

Dinner

1 Cups of Cooked Quinoa (5g)

¼ Cup Black Beans (3.75)

½ Medium Avocado (4.5)

2 tbsp. Pico de Gallo

Fiber: 13.25g

Healthy Snacks

1 Medium Pear

Fiber :5.5g

Total Fiber: 39.25g

High Fiber Recipes

Breakfast: Overnight Oats

Total Time: 5 active minutes; 8h refrigeration Serves: 4

Ingredients:

- 2 cups steel-cut oats
- 1/3 cup dried cranberries
- 1/3 cup dried apricots, chopped
- ¼ teaspoon salt

Directions:

Slow cooker option:

1. Combine water, oats, fruit, and salt into slow cooker.

Place heat on low and

cover. Cook for 8 hours, or until porridge is creamy.



Stovetop option: Halve the ingredients

1. Combine 4 cups of water, 1 cup of steel oats, 3 table spoons of cranberries, 1/8 teaspoon of salt into pot.
2. Cover and cook over boiling water for 1.5 hours.
3. Continuously check to make certain the water level is appropriate in pot

Fiber Content: 6 g of Fiber Per a Serving

Lunch: Avocado and White Bean Wrap

Total Time: 25 minutes Serves: 4

Ingredients:

- 2 tablespoons Apple Cider Vinegar
- 1 tablespoon vegetable oil
- 1 tablespoons of adobo sauce
- $\frac{1}{4}$ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1 tablespoons minced red onions
- 1 ripe avocado
- 1.4 cup chopped cilantro
- One 15-ounce can of white beans
- 4 8-inch whole-wheat wraps



Directions:

1. Mix vinegar, oil, adobo sauce, cabbage, carrots, and cilantro into bowl.
2. Mash beans and avocado in another bowl. Stir in cheese and onions.
3. Place $\frac{1}{2}$ cup of bean/avocado mix and $\frac{2}{3}$ cup of cabbage/carrot mix on wrap. Cut in half to serve

Fiber Content: 13.25 g of Fiber Per a Serving

Dinner: Creamy Fettuccine with Brussel Sprouts and Mushrooms

Total Time: 30 minutes Serves: 4

Ingredients:

- 12 ounces whole-wheat fettuccine
- 1 tablespoon extra-virgin olive oil
- 4 cups of variety mushroom (shiitake, cremini, oyster)
- 4 cups of thinly sliced Brussel sprouts
- 1 tablespoon minced garlic
- 2 tablespoons sherry vinegar
- 2 cups low-fat milk
- 2 tablespoons all-purpose flour
- ½ teaspoons salt
- ½ teaspoon ground pepper
- 1 cup Asiago cheese



Directions:

1. Cook pasta in a large pot of boiling water for 8-10 minutes, or until tender. Drain, and set aside.
2. Heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, for 8 to 10 minutes. Add garlic for about 1 minute. Add sherry vinegar and stir for about 1 minute (if using sherry).
3. Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Stir on low for 2 minutes. Mix in Asiago until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.

Fiber Content: 14 g of Fiber Per a Serving

Snack: Blueberry Bran Muffins

Total Time: 25 minutes Serves: 12

Ingredients:

- 1 ½ Cups Wheat Bran (Oat Bran Recommended)
- 1 Cup nonfat milk
- ½ Cup unsweetened applesauce
- 1 egg
- 2/3 Cup brown sugar
- ½ teaspoon vanilla extract
- ½ Cup all-purpose flour
- ½ Cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup blueberries



Directions:

1. Preheat oven to 375 degrees. Grease muffin cups OR use paper muffin liners.
2. Mix wheat bran and milk, let stand for 10 minutes.
3. Mix applesauce, egg, brown sugar, and vanilla extract. Beat in bran mixture.
4. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt.
5. Stir into bran mixture until blended. Mix in blueberries.
6. Scoop into muffin cups.
7. Bake in preheated oven for 15-20 minutes, or until the tops spring back when lightly tapped.

Fiber Content: 4.6 g of Fiber Per a Serving

Reading Nutrition Labels

Learning to read nutrition facts is a useful skill that can help you make healthier decisions. To meet your fiber servings everyday, follow these steps.

1. It is good practice to read nutrition labels on foods prior to purchasing them.
2. Start out by looking at the serving size at the top of the label. Visualize one serving.
3. Look at the number of ingredients in each food. Avoid preservatives, added colors, and high salt.
4. Look at the fiber content and analyze its meaning.

Nutrition Facts	
Oatmeal Banana Bread Pancakes recipe serving size: 1/2 recipe (about 3-4 pancakes)	
tidyMom.net	
Amount Per Serving	
Calories 240	Calories from Fat 25
% Daily Value*	
Total Fat 3.0g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 21g	42%
Vitamin A 10%	• Vitamin C 0%
Calcium 8%	• Iron 120%
* Percent Daily Values are based on a 2,000 calorie diet.	

*5% or less of Dietary Fiber is low.
20% and above is high.*

Ways to Sneak Fiber into your Diet

How to Shop

Increasing your fiber begins at the grocery store. There are certain, high fiber foods that should be a staple of any intermittent shopping trip! Include at least one of the following green, bean, whole grain, berry, or bran options below in your upcoming shopping list.

Shopping List

Greens

Turnip
Mustard Green
Collard Greens

Beans

Lima beans, cooked
Adzuki beans, cooked
Black beans, cooked
Garbanzo beans, cooked
Lentils, cooked
Kidney beans, cooked
White beans, small, cooked
French beans, cooked

Whole Grains

Barley
Popcorn
Oats
Rye
Whole Wheat Bread

Berries

Raspberries, raw
Blueberries, raw
Black Berries

Bran Products

Oat bran, raw
Wheat bran, raw
Corn bran, raw
Rice bran, raw
Fiber One Bran Cereal
All-Bran Cereal
Fiber One Chewy Bars****?

Tips for Eating Out

Plan Ahead

Look up the restaurant's menu before hand! Map yummy legume, vegetable, and fruit combinations that you can try later on. When you find one you like, write it down and take it with you. Also, consult your server or waitress for different preparation options such as sauces, seasoning, or roasting.

Customize your Order

Get comfortable with expressing your order to another person. Feel free to request your meal be prepared a certain way. For instance, over cooking certain vegetables can cause them to lose some of their nutritional value. Instead, request the vegetables be blanched and seasoned, so they'll be tasty **and** nutritious. Another option would be to request chickpeas or kidney beans be added to your entrée, as taste permits.

Ask for the Whole Grain Option









From the time you sit down, to the time you leave, keep whole grain in the back of your mind. If the restaurant places bread on the table as an appetizer, only reach for the darker, grainier loaves. If your entrée includes a grain, such as rice, opt for brown rice. Making small, conscious decisions can be the factor in meeting your fiber goal.

Drink Water

Water does not contain any fiber. However, water is essential for moving high fiber foods through the digestive system. Drinking at least 6 8-ounce glasses of water everyday can also help alleviate the gaseous side effects related to consuming more fiber.

"This or That"

Use the space below to select the option you believe would best help you reach your unique fiber goals.

	This	That
1. Breakfast	 English Muffin	 Oatmeal and Fruit
2. Salad Base	 Romaine Lettuce	 Iceberg Lettuce
3. Grain Base for Entrée	 White Rice	 Quinoa
4. Mid Day Snack	 Chips	 Banana

Answers: 1. That; 2. This; 3. That; 4. That

My Food and Bowel Journal

Use this journal to log your food and bowel movements for
the next week.

Instructions:

Use the space provided on the following pages to document your eating habits and bowel movements for the next week. Each page represents a day of the week. Remember to record **every** meal, bowel movement, and accident.

See the example below for completed entry.

Date: Sunday, January 1, 2017








Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments
9 am	Oatmeal					
11am		✓	7	Y		Ran to the bathroom
12 pm	Almonds Apple					
2 pm	Brown rice Ground turkey Vegetables					
6 pm	Chicken Mashed potatoes Gravy					
7 pm		✓	6	Y	M	

Bristol Stool Score








Type 1
Type 2
Type 3
Type 4
Type 5
Type 6
Type 7

BM = Bowel Movement
ABL = Accidental Bowel Leakage








Date: Sunday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7








Date: Monday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7








Date: Tuesday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7








Date: Wednesday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7








Date: Thursday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7

Date: Friday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7

Date: Saturday, _____

Time	Meal/Food Intake	BM?	Stool Score	Urgency Y=Yes, N=No	ABL S=Small, M=Medium, L=Large	Comments	Bristol Stool Score
							 Type 1
							 Type 2
							 Type 3
							 Type 4
							 Type 5
							 Type 6
							 Type 7

