



MR GAURANG SHAH

MBBS, MS (Masters in General Surgery – Gold Medalist), FRACS

GENERAL & COLORECTAL SURGERY | GI ENDOSCOPY

ABN 776 498 230 12



HIGH-FIBER DIET

A high-fiber diet is essential for maintaining overall health, improving digestion, and preventing chronic diseases. Fiber is a type of carbohydrate that the body can't digest, which adds bulk to your diet and helps regulate the body's use of sugars.

Types of Dietary Fiber

Soluble Fiber:

- Dissolves in water to form a gel-like substance.
- Helps lower cholesterol and blood sugar levels.
- Sources: Oats, beans, lentils, apples, and citrus fruits.

Insoluble Fiber:

- Adds bulk to stool and helps food pass through the digestive system.
- Prevents constipation and promotes gut health.

Sources: Whole grains, nuts, seeds, and vegetables like broccoli and carrots

Benefits of a High-Fiber Diet

1. Improves Digestive Health:

- Prevents constipation and supports regular bowel movements.
- Helps manage irritable bowel syndrome (IBS) and diverticulitis.

2. Supports Heart Health:

- Reduces cholesterol levels and lowers the risk of heart disease.

3. Blood Sugar Control:

- Slows the absorption of sugar, improving blood sugar levels for diabetics.

4. Aids in Weight Management:

- Promotes a feeling of fullness, reducing overeating.

MAIN CONSULTING

Knox Private Hospital
Suite B, Ground floor,
262 Mountain highway,
Wantirna VIC 3152

Maude Street Medical Centre
96 Maude Street,
Shepparton VIC 3630

Murchison Medical Centre
21 Impey Street,
Murchison VIC 3610

HOSPITALS

- Knox Private
- Peninsula Private
- Mulgrave Private
- Chelsea heights day surgery
- Shepparton Private
- Kyabram
- Numurkah

SPECIALISED SERVICES

- Open & Laparoscopic Colorectal Surgery • Anorectal Conditions
- Laparoscopic Hiatus Hernia and Antireflux Surgery
- HAL RAR (Haemorrhoid Artery Ligation and Rectoanal Repair)
- Advanced Laparoscopic Gastrointestinal Surgery
- Hernia Surgery • Cholecystectomy • Splenectomy • Skin Cancer
- Hydrocele • Vasectomy • Diagnostic & Therapeutic GI Endoscopy
- Lumps & Bumps

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"Wherever the art of medicine is loved, there is also a love of humanity." – Hippocrates



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5. Reduces Risk of Chronic Diseases:

- Lowers the risk of developing colorectal cancer and other gastrointestinal diseases.

Foods Rich in Fiber

1. Fruits: Apples, oranges, bananas, berries, pears, and avocados.
2. Vegetables: Broccoli, carrots, Brussels sprouts, sweet potatoes, and leafy greens.
3. Legumes: Lentils, black beans, chickpeas, and kidney beans.
4. Whole Grains: Brown rice, oatmeal, quinoa, barley, and whole-wheat bread.
5. Nuts and Seeds: Almonds, chia seeds, flaxseeds, and sunflower seeds.

Daily Fiber Recommendations

Adults:

- Men: 30–38 grams/day.
- Women: 21–25 grams/day.

Children: Varies by age but generally 14–31 grams/day.

Tips to Increase Fiber Intake

1. Start Slow: Gradually add fiber to your diet to prevent bloating or gas.
2. Stay Hydrated: Drink plenty of water to help fiber work effectively.
3. Incorporate Variety: Eat a mix of fruits, vegetables, whole grains, and legumes.
4. Read Labels: Choose foods labeled as “high fiber.”

A high-fiber diet is a cornerstone of a healthy lifestyle, supporting everything from digestion to disease prevention. For individualized advice, consult a nutritionist or dietitian.

Pls consider following on regular basis to improve your gut health

1. Prunes x 2 to 3 every night
2. Banana or apple once or twice a day
3. Kiwi or Pear juice once or twice a day
4. Green vegetables
5. Drink about 2.5 to 3 liters of water per day – use luke warm water.

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