ELABORATION OF HANDBOOK ABOUT DIETARY FIBERS AND BOWEL CONSTIPATION

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OBJECTIVE: to elaborate a handbook with high-fiber foods to be used in the composition of the homogeneous liquid diet for patients in postoperative period to reduce or prevent the bowel constipation. METHODS: the handbook highlights the importance of dietary fibers, classification, food sources, amount of use, interaction with other nutrients, directions for preparation, solubility, functions and problems caused by the excess ingestion. It also contains a list of food with fibers quantities present in 100 grams of each food. Such data were obtained from the Tabela Brasileira de Composição de Alimentos of UNICAMP and Tabela Brasileira de Composição de Alimentos of University of São Paulo. The handbook was elaborated by students from Fundap Professional Improvement Program and distributed for free for all patients of the Hospital for Rehabilitation of Craniofacial Anomalies, in postoperative period, receiving homogeneous liquid diet. The handbook was also made available in the homepages www.centrinho.usp/manual and www.redeprofis.com.br for consultation and free copies. The handbook art and illustrations were made by a student of Marketing rom USC. RESULTS: The use of fibers will be oriented in a preventive form for patients not showing bowel constipation and in a corrective form for those already constipated. CONCLUSIONS: Bowel constipation is a public health problem in Brazil, mainly among women, and it becomes worse when individuals are submitted to a homogeneous liquid diet in which the foods are liquefied and filtered and the residues (fibers) are rejected. In such case, the composition of this diet needs to be enriched with dietary fibers to prevent or correct the bowel constipation.
Dietary fiber (British spelling fibre) or roughage is the portion of plant-derived food that cannot be completely broken down by human digestive enzymes. Dietary fibers are diverse in chemical composition, and can be grouped generally by their solubility, viscosity, and fermentability, which affect how fibers are processed in the body. Dietary fiber has two main components: soluble fiber and insoluble fiber, which are components of plant foods, such as legumes, whole grains and cereals, vegetables... Dietary fibre may help with constipation but tends to generate gas, stimulate contractions and make pain, bloating, flatulence and diarrhoea worse. NICE clinical guideline 61 advises that fibre intake should be adjusted according to its effect and reduced if necessary. If you do increase your fibre intake, do so gradually, because any sudden increase may make symptoms worse. Oats and golden linseeds are good sources of soluble fibre.... We examined the associations between constipation and low dietary fiber intake with risk of asymptomatic diverticulosis. Methods. We performed a cross-sectional study that analyzed data from 539 individuals with diverticulosis and 1569 without (controls). Participants underwent colonoscopy and assessment of diet, physical activity, and bowel habits. Our analysis was limited to participants with no knowledge of their diverticular disease to reduce the risk of biased responses. Results. In our cross-sectional, colonoscopy-based study, neither constipation nor a low-fiber diet was associated with an increased risk of diverticulosis. Keywords. Diverticular Disease.