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.
Constipation and the effect of Dietary Fiber - Discover how you can relieve constipation successfully with dietary fiber. Why Am I Constipated? Constipation is passage of small amounts of hard, dry bowel movements, usually fewer than three times a week. People who are constipated may find it difficult and painful to have a bowel movement. Other symptoms of constipation include feeling bloated, uncomfortable, and sluggish. Many people think they are constipated when, in fact, their bowel movements are regular. For example, some people believe they are constipated, or irregular, if they do not have a bowel movement every day. Elaboration of handbook about dietary fibers and bowel constipation. Silvana Costa, L. Medeiros, +4 authors S. Barros. Medicine. 8 November 2013. 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. Expand. Save. In the large bowel, fibers that resist fermentation and remain intact throughout the large bowel (present in stool) can provide a laxative effect (fermented fibers have no effect). Poorly fermented coarse insoluble fiber particles (e.g., wheat bran) mechanically irritate the gut mucosa, causing stimulation of water and mucous secretion, which bulks/softens stool (fine insoluble fiber can be constipating). Institute of Medicine, Food and Nutrition Board. Dietary reference intakes: energy, carbohydrates, fiber, fat, fatty acids cholesterol, protein and amino acids. Washington, DC: National Academies Press; 2002. Google Scholar. 2. The CRC handbook on dietary supplements in health promotion. Florence, KY: CRC Press, Taylor & Francis Group; 2015. p. 161â€“206. CrossRef Google Scholar. 6. The Handbook of Dietary Fiber has significantly expanded the scope of dietary fiber applications, such as marketing perspectives, health claims, and patent literature. Each chapter offers contemporary thoughts on dietary fiber. Baghurst 6. Dietary Fiber and Prostate Cancer Eric D. Schwab and Kenneth J. Pienta 7. Dietary Fiber and Glucose Metabolism and Diabetes David Cameron-Smith and Gregory R. Collier 8. Resistant Oligosaccharides Marcel Roberfroid and Joanne L. Slavin 9. Resistant Starches, Fermentation, and Large Bowel Health Anthony R. Bird and David L. Topping. Copyright 2001 by Taylor & Francis. Insoluble fiber shortens bowel transit time, increases fecal bulk, and renders feces softer. Dietary fiber is often effective in improving mild constipation. However, it has less consistent results with more severe constipation. It can possibly worsen. Dietary fiber is defined as indigestible carbohydrate. It’s classified into soluble (in water) and insoluble fiber each with specific properties and possible health benefits. Soluble fiber dissolves in water; it forms a gel when water is added to it. Insoluble fiber absorbs liquid and in the intestine it adds bulk to stool. Both types of fiber are important in the diet and have digestive system benefits. But fiber can be a double-edged sword for persons with intestinal disorders. Certain high fiber foods, such as bran, may increase discomfort.