



Foods for Fecal Incontinence:

High-fiber foods: Fiber, along with adequate fluid intake, moves quickly and easily through your digestive tract and helps it function properly. A high fiber diet may also help reduce the risk of heart disease and diabetes. Daily fiber intake should be between 21 and 25 grams.

Fruits:

Raspberries – 1 cup – 8 gm
Pear – 1 – 5.5 gm
Apple – 1-4.4 gm
Strawberries – 1 ¼ cup – 4.4 gm
Banana – 1- 3.1 gm
Orange – 1 – 3.1 gm
Figs(dried) – 2 – 1.6 gm
Raisins – 2 tbl – 1 gm

Grains, Cereal, Pasta:

Spaghetti, whole-wheat, cooked – 1 cup – 6.2 gm
Bran Flakes – ¾ cup – 5.3 gm
Oat bran muffin – 1 – 4 gm
Oatmeal (cooked) – 1 cup – 4 gm
Popcorn – 3 cups – 3.5 gm
Brown rice – 1 cup – 3.5 gm
Rye bread – 1 slice – 1.9 gm
Whole wheat bread – 1 slice – 1.9 gm

Legumes, nuts, seeds:

Peas – 1 cup – 16.3 gm
Lentils – 1 cup – 15.6 gm
Black beans – 1 cup – 15 gm
Lima Beans – 1 cup – 13.2 gm
Baked beans – 1 cup – 10.4 gm
Sunflower seeds – ¼ cup – 3.9 gm
Almonds – 23 nuts – 3.5 gm
Pistachios – 50 nuts – 2.9 gm
Pecans – 20 halves – 2.7 gm

Vegetables:

Artichoke - 1 - 10.3 gm

Broccoli - 1 cup - 5.1 gm

Turnip greens - 1 cup - 5 gm

Sweet corn - 1 cup - 4.2 gm

Brussels sprouts - 1 cup - 4.1 gm

Baked Potato w/ skin - 1 - 2.9 gm

Raw Carrot - 1 cup - 1.7 gm

Activia Yogurt and other natural probiotics are also helpful for bowel health.

Fiber supplements such as Fiber-Con and Metamucil can be used. Anti-Diarrheal drugs such as Imodium and Lomotil can be used to control loose stool.

Estrogen replacement therapy can help replenish the pelvic floor muscles and help strengthen them along with physical therapy.