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# Elaboration of handbook about dietary fibers and bowel constipation

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## 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](http://www.centrinho.usp/manual) and [www.redeprofis.com.br](http://www.redeprofis.com.br) for consultation and free copies. The handbook art and illustrations were made by a student of Marketing from 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.