



Practice Limited to Birds, Reptiles and Exotics

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Foods High in Fiber

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods the body can't digest or absorb. Instead, it passes relatively intact through the stomach, small intestine and colon. Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve. A high-fiber diet has many benefits for maintaining bowel health, including increasing the weight and size of the stool, and solidifying loose stool by absorbing water and adding bulk.

- **Soluble fiber.** This type of fiber dissolves in water to form a gel-like material. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- **Insoluble fiber.** This type of fiber promotes the movement of material through the digestive system and increases stool bulk. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber.

- Artichoke
- Raspberries
- Blackberries
- Lentils (cooked)
- Black Beans (cooked)
- Broccoli
- Pear
- Apple
- Oatmeal (plain, raw or cooked)
- Barley
- Pumpkin
- Spinach
- Eggplant
- Summer Squash
- Peach
- Grapefruit
- Cauliflower
- Asparagus
- Cabbage
- Arugula

We strongly recommend annual health examinations and routine blood work on all exotics!



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