High Fibre Diet

For the treatment and prevention of Constipation, Diverticular disease, Haemorrhoids (Piles)

Information for patients, relatives and carers

☎ For more information, please contact:

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Fibre

Fibre or roughage is part of food that passes through the body undigested. It stays in your gut and is the main part of your stools.

Fibre in food is essential for your bowel to work well. It works by softening the stool and stimulating the muscles of the bowel.

Not eating enough fibre can cause constipation, diverticular disease and haemorrhoids.

Increasing the fibre in your diet may help to improve your symptoms by keeping your stools soft, regular and more comfortable to pass.
High fibre diet

- Foods which are high in fibre include wholemeal bread, wholegrain breakfast cereals, fruit and vegetables. You should try to include all of these in your diet. You will produce more waste so stools will be bigger.

- Gradually introduce high fibre foods over two to three weeks.

- It may take a few weeks to notice any improvement to your symptoms.

- If you are having problems eating high fibre foods or you follow a special diet please ask to see or speak to a dietitian.

- Drink plenty of fluids: three to four pints/one and a half to two litres/eight to ten cups or glasses per day, especially water or diluted squash.

- If you increase your fibre in your diet and are not drinking enough this may worsen your symptoms.

- Try to include high fibre foods at each mealtime every day.

- Using pure bran is not recommended.
How to include high fibre foods in your diet

Breakfast cereals

Choose a high fibre breakfast cereal e.g. Wholegrain or bran based cereal (All Bran, Branflakes, Shredded Wheat, Ready Brek, Muesli, Weetabix, Shreddies, porridge, Fruit & Fibre or equivalents).

Try to have at least one bowl every day. You could also have these as a snack or at suppertime. Try mixing with refined cereal to gradually increase fibre.

Bread

Use wholemeal, rye, granary or seeded breads and rolls. Try to include two slices per day. Use for toast and sandwiches as a snack or at mealtimes.

Introducing 50/50 bread, it is useful to gradually increase fibre start with two slices per day and build up until all bread is wholemeal.

Beans/pulses

Try to include peas, beans, pulses and lentils e.g. baked beans, chickpeas, split peas, kidney beans. These could be added to dishes such as stews, casseroles, soup or minced meat. Try baked beans on toast, or with a jacket potato.
Fruit and vegetables

Try to eat five portions of fruit and vegetables per day. All types, including fresh, frozen, tinned and dried are suitable.

Ways to increase your fruit and vegetable include:

- Add fruit to cereals.
- Use as a snack.
- Have as a pudding.
- Include salad vegetables as packed lunch.
- Trial a vegetarian main course dish i.e. vegetable casserole for a change.
- Use vegetables in stir fries.
**Snacks**

Choose high fibre/wholemeal-based snacks e.g. digestive biscuits, oatcakes, flapjacks, Ryvita or wholemeal cream crackers, fruit cake, fruit scones.

**Flours**

Use wholemeal, granary, seeded flours in baking and cooking.

**Pasta/rice**

Choose wholemeal pasta and brown rice.

**Nuts/seeds**

Include nuts and seeds as a snack or added to meals e.g. to breakfast cereals. Try fruit crumbles with an oat and seed topping. If you have diverticular disease you may find ground nuts and seeds are tolerated better, e.g. ground linseeds.
Meal Plan

Breakfast
High fibre breakfast cereal
Add fresh or dried fruit
Or toast – wholemeal/granary/seeded bread

Lunch
Sandwich – wholemeal/granary bread/seeded bread
Add salad vegetables as filling or side dish
Or baked beans on wholemeal/granary toast
Or jacket potato with baked beans

Evening Meal
Meat/fish/pulses/vegetarian alternatives
Add vegetables or salad as part of meal or side dish
Include skins on potatoes/brown rice/wholemeal pasta

Puddings
Fruit or fruit based pudding
  e.g. fruit crumble, fruit salad, apple pie

Snacks
Fruit – fresh or dried
High fibre based biscuit
Wholemeal toast
Nuts/seeds
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
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Teaching, Training and Research

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PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Listening in order to improve • Always doing what we can to be helpful
Please telephone or email if you require this information in a different language or format

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