



THE HEMORRHOID DIET

Eating a balanced diet, rich in fiber, is one of the most effective lifestyle changes you can make for your hemorrhoids.



GETTING STARTED

- Check with your healthcare provider before starting any diet or exercise plan.
- You can add more fiber to your diet from food, a fiber supplement or both.
- Fiber is most readily found in: whole grains, vegetables, beans, legumes, nuts and fruits.
- When increasing your dietary fiber, it is important to drink lots of water. Experts recommend eight 8-ounce glasses of water a day.
- To allow your body time to adjust, introduce fiber into your diet gradually to avoid suffering from increased gas.
- Wheat bran may be a good fiber supplement option because it causes less gas than other fiber-rich foods.



7 WAYS TO STOCK UP ON FIBER

Make every meal count when it comes to your daily fiber intake with these simple ideas.

1. Start everyday with a whole-grain cereal

When shopping, look for cereals that use “whole” in the description. Stone-ground, multigrain and cracked wheat products all have less fiber than whole wheat products. Check out the fiber content in the nutritional box on the package. Look for at least 5 grams of fiber per serving in your cereals. Serve with a banana to add 3 more grams of fiber to your morning.

2. Bulk up on beans

Eat more beans—they’re loaded with fiber. Most cooked beans will provide more than half of the recommended daily fiber intake. So toss them into salads, mash them into dips, stir into soups or add them to pasta dishes.

3. More brown food, less white

Brown rice, whole-wheat bread, and whole-grain pastas are essential parts of the high-fiber diet.

4. Better baking

Substitute whole-grain flour for at least half, if not all of the white flour called for in recipes. Since whole-grain flour is heavier than white, you will also need to increase the amount of baking powder in the recipe by one teaspoon for every three cups of whole-grain flour.

5. An apple a day doesn’t just keep the doctor away

Apples contain pectin, a soluble fiber that digests slowly and makes you feel full.

6. Happy trail mix

Mix together nuts—like almonds or cashews—with raisins, sunflower seeds, popcorn or whole-wheat pretzels. Stash it in your car or desk for a healthy, fiber-rich snack between meals.

7. Stealthy fiber cooking

Swap instant oatmeal for breadcrumbs in dishes like meatloaf. Sprinkle wheat germ into your meatball recipe or toss ground flaxseed into your fruit-filled smoothie.



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PREPARATION H[®]

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DINING OUT: 8 TIPS TO HELP SNEAK FIBER INTO YOUR DIET

Make every meal count when it comes to your daily fiber intake with these simple ideas.

1. For breakfast, pick whole-grain pancakes and waffles with fresh berries or cereal like oatmeal or raisin bran—fiber-rich choices to start your mornings.
2. Switch white bread for whole wheat or rye when ordering a sandwich.
3. Choose baked potatoes with their fiber-rich skins over French fries or chips. You'll be adding 4 to 5 grams of fiber to your meal.
4. Look for a pasta dish that's filled with vegetables and ask for it to be served on whole-wheat pasta.
5. When dining at a Mexican-style restaurant, skip the rice and double up on the beans.
6. Not all rice is so nice. Brown rice has four times the fiber of white rice, four grams of fiber per one cup serving.
7. For a side dish, ask for steamed vegetables and if given the choice, select broccoli, cauliflower or Brussels sprouts, which are particularly high in fiber.
8. For dessert, choose fresh berries for their fiber content and their ability to satisfy your sweet tooth.

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FIBER-RICH FOODS

Most health experts agree that we should aim for 20 to 35 grams of dietary fiber each day. Unfortunately, many Americans are only getting about half of that. Here is a list of common foods, according to serving size and fiber content, that you can include in your diet to increase your fiber intake.



HIGH FIBER FOOD	SERVING	FIBER AMOUNT IN GRAMS
GRAINS, CEREAL AND PASTA		
WHOLE-WHEAT PASTA	1 CUP	6.2
PEARLED BARLEY	1 CUP	6.0
WHOLE-WHEAT BREAD	2 SLICES	6.0
QUINOA	½ CUP	5.0
WHOLE-WHEAT ENGLISH MUFFIN	1 WHOLE	4.4
OATMEAL	½ CUP	4.0
BROWN RICE	1 CUP	4.0
POPCORN, AIR-POPPED	3 CUPS	3.5
VEGETABLES		
ARTICHOKE	1 MEDIUM	10.3
LIMA BEANS	½ CUP	6.6
BROCCOLI	1 CUP	5.1
CAULIFLOWER	1 CUP	5.0
GREEN PEAS	½ CUP	4.4
BRUSSELS SPROUTS	1 CUP	4.1
COLLARD GREENS	½ CUP	4.0
SWEET CORN	1 CUP	4.1
SPINACH, FRESH	1 CUP	4.0
FRUIT		
RASPBERRIES	1 CUP	8.0
FIGS, DRIED	½ CUP	8.0
BLACKBERRIES	1 CUP	8.0
PRUNES, DRIED	½ CUP	6.0
PEAR WITH SKIN	1 MEDIUM	5.5
APPLE WITH SKIN	1 MEDIUM	4.4
BLUEBERRIES	1 CUP	4.0
LEGUMES, NUTS AND SEEDS		
WHITE BEANS, SMALL	1 CUP	19
SPLIT PEAS	1 CUP	16.3
KIDNEY BEANS	1 CUP	16
LENTILS	1 CUP	15.6
BLACK BEANS	1 CUP	5.0
GARBANZO (CHICK PEAS)	1 CUP	12
FLAXSEED (GROUND)	1 TABLESPOON	2
SUNFLOWER SEEDS	¼ CUP	3.9
ALMONDS	1 OZ.	3.5



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