



HIGH FIBER PLAN

It is VERY IMPORTANT to eat (three) FULL meals daily and to include foods that will provide sufficient residue to ensure normal stool formation. Dietary fiber is the part of fruits, vegetables, cereals, and grains that are not broken down in your digestive system. A high fiber diet will make your stool more bulky. You should increase your intake of high fiber foods gradually.

- 1) Drink 8 (eight) to 10 (ten) glasses of water a DAILY!
- 2) AVOID all of the following foods:
 - All spices (except salt and sugar-use in moderation)
 - Mustard and Ketchup
 - Pickles
 - Olives
 - Raw Onions
 - Garlic in any form
 - Red Pepper
 - Hot Sauce (i.e. Tabasco)
 - Nuts
 - Seeds
 - Corn
 - Popcorn
- 3) INCLUDE as many of the following foods in your meal plans daily:
 - Bran
 - 100% (whole wheat or whole rye) flour, graham, cereals or crackers.
 - Oatmeal, rolled oats, granola (without nuts or seeds), brown rice and bran in moderation.
 - Fruits and Vegetables fresh, frozen or lightly cooked (preferably raw & with skins when edible).
 - Chicken
 - Fish
 - Seafood
- 4) AVOID prune juice, Cascara, Senna and any other forms of laxatives!!

Continue with recommendations until your next appointment and follow directions on package unless otherwise instructed by your provider.