



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# High Fibre Diet

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

Information for patients, relatives and carers

① For more information, please contact:  
Department of Nutrition and Dietetics

Scarborough Hospital  
Tel: 01723 342415  
Woodlands Drive, Scarborough, YO12 6QL

The York Hospital  
Tel: 01904 725269  
Wigginton Road, York, YO31 8HE



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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.
- Try 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:

Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email [Nutrition&Dietetics@york.nhs.uk](mailto:Nutrition&Dietetics@york.nhs.uk).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.



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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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