

High Fiber Diet – constipation, diarrhea and hemorrhoids

Fiber - along with plenty of fluid intake – moves quickly and relatively easily through your digestive tract and helps it function properly. Eating a high-fiber diet has many potential health benefits, and it may also help reduce heart disease and diabetes.

Eating a diet with ***insoluble fiber*** (wheat bran, and some fruits and vegetables) has been suggested to treat digestive problems such as constipation, diarrhea, hemorrhoids and fecal incontinence. Fiber bulks the stool, making it softer and easier to pass. Fiber helps the stool pass regularly, even though it is not a laxative.

Soluble fiber (psyllium, pectin, wheat dextrin and oat products) can reduce the risk of coronary artery disease and stroke by 40 to 50 percent (as compared to a low fiber diet); as well as reduce the risk of developing type 2 diabetes.

Women should try to eat at least 21-25 grams of fiber a day, and men should aim for 30-38 grams a day. Read nutrition labels to find out how much fiber is in your food.

Your physician is the best source of information for questions and concerns related to your medical problem. No two patients are exactly alike and recommendations vary from one person to another. It is important to seek guidance from a physician who is familiar with your individual situation and takes into account your health status and lifestyle.