



High Fiber Diet



Your doctor has prescribed a high fiber for you during your stay. This diet may help you feel less constipated and bloated and can also help ease diarrhea. Slowly increase the amount of fiber you eat to 25 to 35 grams per day to keep your symptoms from getting worse.

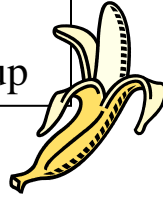
Our high fiber suggestions from the At Your Request® menu to include in your meal selection are listed below. Order beverages as desired.

Multiple diet restrictions may limit the foods allowed

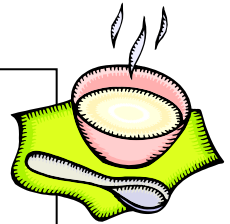
Breakfast



Fruit
 Apple
 Banana
 Fresh Fruit Cup



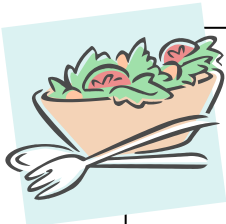
Cereals
 Oatmeal
 Raisin Bran



Lunch/Dinner

Entrees
 Whole Wheat Penne
 Veggie Burger
 Grilled Vegetable Wrap

On the Side
 Sliced Carrots
 Yellow Corn
 Broccoli
 Squash
 Green Beans
 Green Peas
 Zucchini



Salads
 Garden Salad
 Chef Salad
 Chicken Caesar Salad
 Blacken Chicken Salad
 Coleslaw
 Cottage Cheese & Fruit Plate
 Cucumber Salad

Desserts
 Graham Crackers
 Oatmeal Raisin Cookie

