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

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

**On the Side**
- Sliced Carrots
- Yellow Corn
- Broccoli
- Squash

**Desserts**
- Graham Crackers
- Oatmeal Raisin Cookie

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