



A diet often used for the treatment of bowel conditions such as Diverticular Disease and Irritable Bowel Syndrome as well as anal conditions such as haemorrhoids. Fibre is insoluble and so remains within the gastrointestinal tract. It is expelled completely. It causes water to be drawn into the bowel and bulks the stool making them easier to pass both through the bowel itself and through the anal canal upon evacuation.

Rather than “bran-counting” many different foods patients often find it simpler to consume a bowl of All Bran once a day and their normal diet with the few exclusions included below. If this is done and benefit has not been seen within four weeks there is little point in continuing with a similar diet whatever the source of fibre with or without restrictions.

It is important to ensure that plenty of additional water (2 pints per day) is taken with this increased fibre. It is usual to experience some cramping abdominal pain in the first few weeks of treatment which settles as the bowel becomes used to the increased load.

## Foods to take

### Vegetables

Skinned and mashed root vegetables  
Cabbage, sprouts, spinach,  
cauliflower, beans

### Fruit

All skinned

Cereals

### All Bran

Wholemeal anything

Brown Rice

## Foods to avoid or introduce gradually

### Vegetables

Anything with skins  
Cucumber, radish, tomatoes, peppers,  
onion, sweetcorn, beans

### Fruit

Anything with skins  
Dried fruit  
Raspberries, strawberries,  
Blackcurrants etc