

Metroplex Colon & Rectal Specialist Raymond
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Board Certified
Colon & Rectal Surgery

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High Fiber Diet Suggested

Menu Guide

Breakfast:

grapefruit sections
poached egg on wheat toast
bran and raisin cereal
margarine
milk
hot or cold beverage

Lunch:

navy bean soup
hamburger on wheat bun
tomato slices
apple
hot or cold beverage

Dinner:

baked chicken
baked potato
broccoli
tossed salad
strawberries
beverage

Snacks: fresh fruit, raw vegetables, nuts and seeds, fruit juices

Food Groups:

Milk

2 8oz. servings

Vegetables

2-3 servings

Fruit

2-3 1/2 cup

Meats

2-3oz. servings

plus 1 egg daily as desired

Miscellaneous

Best Choices:

Whole, 2% skim, yogurt

buttermilk

all raw veggies, cooked

with skins and seeds

all fresh fruits, esp. with

edible skins and seeds

beef, chicken, lamb, pork

fish, and seafood

crunchy peanut butter, nuts, popcorn,

seeds, jams and preserves with seeds, coconut,
desserts with seeds & coconut

Alternatives:

all cooked veggies

all fruits

Bread and Cereals

4 servings

bread rolls and muffins made

with bran, whole grain, flour,

seeds, nuts, coarse dry bran cereals

whole grain, crackers, rice and pasta

cooked cereals

made from

whole grains

Avoid eating popcorn kernels, sunflower seeds, sesame seeds and nuts if you were diagnosed with diverticulosis.

Remember to drink 8-10 glasses of liquid per day.