

High-Fiber Hemorrhoid Diet, What to Eat, Drink and Avoid



A **high-fiber hemorrhoid diet** keeps your stools soft and easy to pass, so you strain less and put less pressure on the veins around the anus. For most adults that means roughly **25 to 38 grams of fiber a day** from fruit, vegetables, whole grains, beans and seeds, plus enough fluids for the fiber to work.

Quick answer. Eat more **fiber-rich foods**, add them **slowly** over a few weeks, and drink fluids alongside them. The [National Institute of Diabetes and Digestive and Kidney Diseases](#) says high-fiber foods make stools softer and can help treat and prevent hemorrhoids. If you often have constipation, eat fewer **low-fiber foods** such as cheese, chips, fast food, ice cream and processed meals. In a [meta-analysis of seven randomized trials](#), fiber roughly **halved the risk of persistent symptoms and of bleeding**. Full results can take several weeks. See a doctor if you have **bleeding, severe pain, or no improvement** after a week or two of home care.

This guide covers what to eat, which drinks help, which foods to limit, whether a **fiber supplement** makes sense, and a sample one-day meal plan. If you need quick symptom relief, such as sitz baths or creams, start with our guide to [fast hemorrhoid relief at home](#). If you have seen blood, read [what bleeding hemorrhoids mean and when to worry](#) first. This article is general information, not a diagnosis, because other conditions can also cause rectal bleeding.

Why Diet Matters for Hemorrhoids

Diet matters because **hard stools lead to straining, and straining raises pressure in the veins** of the lower rectum and anus. Hemorrhoids are swollen veins in that area, so anything that keeps

stools soft and easy to pass takes pressure off them. Fiber does this by adding **bulk and softness to stool**, which is why [Mayo Clinic](#) lists high-fiber foods as a first step for both prevention and relief.

The research behind this is encouraging, with one limit worth knowing. In the [meta-analysis of seven trials](#) mentioned above, most of the trials tested **fiber supplements such as psyllium** rather than food, and the quality of the studies was moderate. Fiber cut the risk of ongoing symptoms and the risk of bleeding by about half. A fiber-rich diet will not shrink a hemorrhoid you already have, but it **eases symptoms, reduces bleeding and may help flare-ups stay away**.

Diet is also only one piece of the picture. Pregnancy, excess weight and long hours of sitting also raise pressure in these veins, as explained in our guide to [hemorrhoid causes, symptoms and treatments](#). Food helps most when it is combined with good bathroom and sitting habits.

How Much Fiber You Need



Most adults need **about 21 to 38 grams of fiber a day**, depending on age and sex, or roughly **14 grams for every 1,000 calories** you eat. [NIDDK](#) uses the 14-gram rule and gives 28 grams as the example for a 2,000-calorie diet. The age-based targets are the ones most people know:

Adult group	Daily fiber target
Women, 19 to 50	25 grams
Women, 51 and older	21 grams
Men, 19 to 50	38 grams

Men, 51 and older	30 grams
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These figures are general targets, so ask your doctor what is right for you. Many people are far from them. According to [Harvard Health](#), the average American eats only about 10 to 15 grams a day. For most people, a hemorrhoid-friendly diet therefore starts with **adding fiber, not swapping everything**. The grams per serving are on the Nutrition Facts label, so you can track your day.

Soluble and insoluble fiber, do you need to count them?

No. **Most plant foods contain both types**, so apples, oats, beans and vegetables each give you a mix. Soluble fiber dissolves in water and forms a soft gel, and insoluble fiber adds bulk. Eating a **variety of fruits, vegetables, whole grains, beans and seeds** covers both without counting.

How to add fiber without gas and bloating

Add fiber **slowly, over several weeks**, because a sudden jump is the most common cause of gas, cramps and bloating, as [Mayo Clinic](#) also advises. These habits make the change easier:

- Add **one new high-fiber food at a time** and give your gut a few days to adjust.
- **Spread fiber across the day** instead of eating it all at dinner.
- **Drink fluids as you go**, because fiber needs water to soften stool. Without enough fluid it can make constipation worse.
- Choose **whole foods first** and swap refined versions for whole ones, such as white bread for whole wheat bread.
- If bloating or pain **does not settle after a few weeks**, speak with your doctor.

Some people should check with a doctor before raising their fiber, including people with **diarrhea, irritable bowel syndrome or inflammatory bowel disease**, people with **kidney disease or fluid limits**, and anyone **pregnant or recovering from surgery**. We cover these cases later in this guide.

Best Foods to Eat with Hemorrhoids

The best foods for hemorrhoids are **whole fruits, vegetables, whole grains, beans, nuts and seeds**, because they are the main sources of fiber. Eating the skin of fruits and potatoes, and choosing whole grains over refined ones, raises your fiber with little effort. The table below shows how much fiber common **high-fiber foods for hemorrhoids** (also called piles) provide, using values from [NIDDK](#) and the [Mayo Clinic high-fiber foods chart](#).

Category	Food and serving	Fiber (grams)
Fruit	Raspberries, 1 cup	8.0
	Pear with skin, 1 medium	5.5
	Apple with skin, 1 medium	4.8
	Prunes, ¼ cup	3.1
Vegetables	Green peas, cooked, 1 cup	8.8
	Sweet potato, cooked, 1 cup	6.3
	Winter squash, cooked, 1 cup	5.7
	Broccoli, cooked, 1 cup	5.0
	Collard greens, cooked, 1 cup	4.8
Whole grains	High-fiber bran cereal, ½ cup	14.0
	Shredded wheat cereal, 1 cup	6.2
	Oatmeal, cooked, 1 cup	4.0
Beans, nuts and seeds	Lentils, boiled, 1 cup	15.5
	Navy beans, cooked, ½ cup	9.6
	Pinto beans, cooked, ½ cup	7.7
	Kidney beans, cooked, ½ cup	5.7
	Chia seeds, 1 ounce	10.0
	Almonds, 1 ounce	3.5

Values are approximate and vary by brand and preparation, so check the Nutrition Facts label on packaged foods.

Fruits

Whole fruit gives you far more fiber than juice, because juicing removes most of it. **Raspberries, pears, apples and prunes** are the strongest choices in the table, and keeping the **skin on** pears and apples keeps the fiber. Ripe bananas and oranges are also useful, with about 3 grams of fiber each, and they are easy to carry.

Vegetables

Cooked vegetables count just as much as raw ones. Peas, sweet potatoes, winter squash, broccoli and leafy greens such as collards and spinach add real fiber to a meal. If raw vegetables or heavy roughage bother your stomach during a flare-up, cooked versions give you similar fiber and are often easier to tolerate.

Whole grains

Choose grains labeled 100% whole grain and swap them in for refined versions, such as whole wheat bread for white bread and brown rice for white rice. Oatmeal is a gentle everyday option. **High-fiber bran cereal is very concentrated**, so start with a small portion and build up, as covered in the previous section.

Beans, nuts and seeds

Beans and lentils are the most efficient fiber foods on the list. One cup of lentils provides more than half of a woman's daily target for adults over 50. Chia seeds are also very dense. They absorb a lot of water, so start with about a teaspoon, mix them into food or a drink, and take them with fluids. Add beans gradually, because they are a common cause of gas when introduced suddenly.

Protein foods and salmon

Salmon is not a hemorrhoid trigger and it is not a hemorrhoid treatment. Fish, chicken, eggs and tofu contain **no fiber**, so they are fine as your protein, as long as the rest of the plate brings the fiber. Pair them with vegetables, beans or whole grains, such as salmon with broccoli and sweet potato.

Fiber Supplements for Hemorrhoids

Fiber supplements such as psyllium or methylcellulose are the best-studied dietary option for hemorrhoids, and they are worth considering when food alone does not get you to your daily target. Most of the trials in the [meta-analysis mentioned earlier](#) tested supplements like psyllium, and they cut the risk of ongoing symptoms and bleeding by about half. Benefits can take **up to six weeks** to show, so give a new supplement time before judging it. Many doctors suggest continuing it afterward to help prevent flare-ups.

A supplement adds to your diet and does not replace it. Foods also bring vitamins, minerals and a range of fiber types that a powder or capsule does not.

How to use a fiber supplement safely

- **Start with one serving a day** and increase slowly, following the product label. A sudden jump can cause gas and bloating.
- **Take every dose with a full glass of liquid, about 8 ounces.** Psyllium swells as it absorbs water, and taking it with too little liquid can cause choking.
- **Take it at least 2 hours before or after other medicines,** because fiber can reduce how well some medicines are absorbed. Ask your pharmacist if you take several prescriptions.
- **Do not use it if you have trouble swallowing,** and stop if you notice an allergic reaction.
- **Stop and see a doctor if constipation lasts more than a week or you see rectal bleeding.** Product labels carry the same warning, because bleeding can have other causes.

What to Drink for Hemorrhoids

Water is the best drink for hemorrhoids, because fiber needs fluid to soften stool. Without enough liquid, extra fiber can make constipation worse. [NIDDK](#) notes that water and other liquids, including fruit juices and clear soups, help the fiber in your diet work better. A common target is **six to eight glasses of fluids a day**, but the right amount depends on your health, activity and climate. Ask your doctor if you have kidney, heart or other conditions that limit fluids.

Drink	Why it helps or what to watch
Water	Softens stool and helps fiber work. Make it your main drink.
Clear soups and broth	Count toward your daily fluids and are gentle on the stomach.
Prune juice	Contains sorbitol, which pulls water into the bowel and can loosen stool. Start with a small glass, because it can cause gas or loose stools.
Smoothies made with whole fruit, oats or chia	Keep the fiber that juicing removes. Blend the whole fruit.
Caffeine-free herbal teas	Count toward fluids. There is no proof they treat hemorrhoids.
Coffee	Research is limited. See the note below.
Alcohol	Can dehydrate you and upset your bowels. Limit it, especially during a flare-up.
Soda and sugary drinks	Little benefit and can cause bloating. Choose water instead.

Is coffee bad for hemorrhoids?

There is no strong evidence that moderate coffee causes or irritates hemorrhoids, so most people do not need to quit. Caffeine can loosen stool in some people and contribute to dehydration in others, so pay attention to your own response. If coffee gives you loose stools or you notice flare-ups afterward, cut back, and drink water alongside it.

What about a liquid diet?

A liquid diet is not a treatment for hemorrhoids, and doctors do not usually recommend one, because liquids alone supply very little fiber. A surgeon may prescribe a short liquid or low-fiber phase after some procedures, so follow their instructions if that applies to you.

Foods to Limit with Hemorrhoids



The foods to limit with hemorrhoids are mainly low-fiber foods that make stools harder to pass. [NIDDK](#) advises that if constipation is behind your hemorrhoids, you should try not to eat too many foods with little or no fiber. No food is banned, and the real problem is when these foods **crowd out the fiber-rich ones**. Constipation is linked to a higher risk of hemorrhoids, while a diet higher in grain fiber is linked to a lower risk, so keeping stools soft is the goal.

5 foods to limit with hemorrhoids

#	Food to limit	Why	Easy swap
1	White bread, pastries and other refined grains	Low in fiber and easy to overeat	100% whole grain bread, oats or brown rice
2	Fast food and fried food	Low in fiber, high in fat	A home-cooked meal with vegetables or beans
3	Large portions of cheese and ice cream	NIDDK lists them as low-fiber foods	A smaller portion with fruit or whole grain crackers
4	Meat, especially processed meat such as hot dogs	Contains no fiber and can push vegetables and beans off the plate	Smaller portions, plus beans, lentils or fish
5	Chips, packaged snacks and frozen or microwave meals	NIDDK names prepared and processed foods as low in fiber	Fruit, nuts or air-popped popcorn , and batch-cooked bean or vegetable dishes

You do not have to cut these out completely. If you fill most of your plate with the foods from the earlier sections, an occasional burger or slice of cheese is unlikely to matter. Moderate dairy is not proven to cause constipation, so portion size and what else is on your plate matter more.

Foods people blame, and what the research says

Spicy food does not appear to make hemorrhoids worse for most people. In a randomized trial of 50 adults with second- or third-degree hemorrhoids, a meal with red chili powder caused no more bleeding, swelling, itching or pain than a placebo. Other trials point to two exceptions. Chili increased pain and anal burning in the first week after hemorrhoid surgery, and it worsened symptoms in people with acute anal fissures. If you are recovering from a procedure, or spicy food makes you burn when you pass stool, skip it for now.

Alcohol is worth limiting during a flare-up, because it can dehydrate you and upset your bowels, as covered in the drinks section above.

Sample One-Day Hemorrhoid Diet Plan

A hemorrhoid-friendly day spreads about 30 to 37 grams of fiber across meals and snacks, with fluids throughout. The plan below adds up to about **37 grams**, which meets the 38-gram target for men under 50. Spreading fiber over the day is gentler on your gut than eating it all at dinner.

Meal	What to eat	Fiber (grams)
Breakfast	1 cup cooked oatmeal with ½ cup raspberries and a drizzle of honey	8.0
Mid-morning snack	1 medium apple with skin	4.8
Lunch	Quinoa salad with ¾ cup cooked quinoa, ½ cup chickpeas, spinach, cucumber and olive oil dressing	10.3
Afternoon snack	1 cup carrot sticks with 2 tablespoons hummus	5.4
Dinner	Grilled salmon with 1 cup cooked broccoli and 1 medium sweet potato	8.5
Drinks	Water throughout the day, and a cup of chamomile tea before bed	0
Total		about 37

Fiber values are approximate and rounded, based on the [NIDDK](#) and [Mayo Clinic](#) food lists. The spinach and cucumber are not counted.

How to adjust the plan

- **If you are a woman or over 50**, skip the hummus and the sweet potato. That removes about 5.5 grams and still gives you roughly **31 grams**.
- **If you need more fiber**, add a handful of almonds (about 1 ounce, 3.5 grams) or a tablespoon of chia seeds (about 5 grams).
- **If you are new to a high-fiber diet**, start with half of these portions and build up over several weeks, as explained earlier.
- **Swap freely**. A pear can replace the apple, lentils can replace chickpeas, and any food from the earlier table works in the same slot.

When to Adjust Your Diet or See a Doctor

A high-fiber diet suits most people with hemorrhoids, but some situations need a different approach. If any of these apply to you, talk to a doctor or dietitian before changing your diet.

- **Diarrhea, irritable bowel syndrome or inflammatory bowel disease.** Too much fiber can cause diarrhea, which irritates hemorrhoids further, and some fibers and foods can trigger symptoms in these conditions. A doctor or dietitian can guide the type and amount.
- **Pregnancy.** Hemorrhoids are common in pregnancy, and fiber and fluids are the usual first step. Ask your doctor or midwife before using any supplement or medicated product. Our guide to [hemorrhoids during pregnancy](#) explains more.
- **After hemorrhoid surgery or a procedure.** Some surgeons recommend a short liquid or low-fiber phase first, and many later advise a high-fiber diet plus a stool softener to make bowel movements less painful. Follow your surgeon's plan.
- **Kidney disease, fluid limits or diabetes.** Fluid targets, high-potassium foods and the sugar in fruit juice may need adjusting, so check with your care team.
- **Medicines that cause constipation.** Painkillers containing codeine and some iron supplements can harden stools. Ask your pharmacist if a medicine could be working against your diet.

Diet is not the right fix for every symptom. See a doctor promptly if you have **rectal bleeding that is new or heavy, black or maroon stools, severe pain, or a change in your bowel habits**, because bleeding is not always caused by hemorrhoids. Our guide to [bleeding hemorrhoids and when to worry](#) explains what the blood can mean. If your symptoms last despite good fiber and fluid habits, read why a [hemorrhoid may not go away](#) and which treatments a doctor can offer.

Habits That Help Your Diet Work

Food works best when your bathroom and sitting habits support it. Each topic below has its own guide, so here is the short version.

- **Go when you feel the urge, and do not strain.** Holding it in can harden stools, and straining raises pressure in the veins. Keep toilet time short and leave your phone outside. Our guide to [fast hemorrhoid relief at home](#) covers sitz baths and over-the-counter products.
- **Stay active.** Regular movement helps prevent constipation. See our guide to the [best exercises to prevent hemorrhoids](#).
- **Do not sit for long stretches without a break.** Sitting raises pressure on the veins around the anus, so stand and walk for a few minutes regularly. Our guide to [sitting with hemorrhoids at work and while driving](#) covers chair setup and driving.
- **Consider a supportive seat cushion for comfort.** A cushion is a **comfort aid, not a treatment**, and the right shape depends on whether you need short-term relief or support for long hours. Our [best hemorrhoid cushions guide](#) compares the options.

Frequently Asked Questions About the Hemorrhoid Diet

Can a high-fiber diet get rid of hemorrhoids?

A high-fiber diet will not shrink a hemorrhoid you already have, but it eases symptoms, reduces bleeding and helps prevent flare-ups. Treatments that actually shrink hemorrhoid tissue, such as rubber band ligation, are done by a doctor. If your symptoms last despite good fiber and fluid habits, read why a [hemorrhoid may not go away](#).

How long does a high-fiber diet take to help hemorrhoids?

Stools often soften within a few days, but symptom relief can take several weeks. In the trials behind the meta-analysis cited earlier, the benefit was consistent at six weeks and at three months. Add fiber gradually and give it time before judging the results.

Is oatmeal good for hemorrhoids?

Yes, oatmeal is a good everyday choice. One cup of cooked oatmeal provides about 4 grams of fiber. In a colonoscopy-based study, people who ate more grain fiber had a lower risk of hemorrhoids. Choose plain oats and add berries or seeds for extra fiber.

Is salmon good for hemorrhoids?

Salmon is fine, but it contains no fiber. It is a good protein, and it will not irritate hemorrhoids. Pair it with fiber-rich sides such as broccoli and sweet potato, as in the sample meal plan above.

Can I drink coffee if I have hemorrhoids?

For most people, a moderate amount of coffee is fine. There is no strong evidence that coffee causes or irritates hemorrhoids. If it loosens your stools or you notice flare-ups, cut back, and drink water alongside it.

What is the best fiber supplement for hemorrhoids?

Psyllium and methylcellulose are the types most often recommended and studied. No single brand has been shown to be best, so choose a product you tolerate and follow the label. Start with one serving a day, take it with a full glass of liquid, and keep it at least 2 hours away from other medicines. Ask a pharmacist if you are unsure.

Should I follow a liquid diet for hemorrhoids?

No, a liquid diet is not a treatment for hemorrhoids. Liquids supply very little fiber. A surgeon may prescribe a short liquid or low-fiber phase after a procedure, and in that case you should follow their instructions.

What should I eat if my hemorrhoids are bleeding?

No food stops the bleeding, but a high-fiber diet with plenty of fluids helps because it lets stools pass without straining. Fiber supplements also cut the risk of bleeding by about half in the studies above. Because bleeding is not always caused by hemorrhoids, have any new or heavy bleeding checked. Our guide to [bleeding hemorrhoids and when to worry](#) explains what the blood can mean.

The Bottom Line on a High-Fiber Hemorrhoid Diet

A **high-fiber hemorrhoid diet** is a simple routine more than a strict plan. Build your meals around **whole fruits, vegetables, whole grains, beans and seeds**, add fiber slowly, drink enough fluids, and limit the low-fiber foods that make stools harder. Consider a **psyllium or methylcellulose supplement** if food alone falls short, and give any change a few weeks to work.

Diet is one part of managing hemorrhoids. Bleeding, severe pain or symptoms that do not improve are reasons to see a healthcare professional. For more guides, visit our [Knowledge Center](#). sitcushion products are designed for comfort and ergonomic support, and they are not medical devices. This article is general information and not a substitute for medical advice.