

# Postpartum Diet — To Reduce — Hemorrhoid Symptoms



Consume more grains and wheat with bran.

Drink more water than usual



Add seeds and nuts to your regular diet

Include fresh vegetables and fruits in the diet



Avoid junk foods and fruit juices

Limit caffeine and sugar intake



## References:

- 1 Eating, Diet, & Nutrition for Hemorrhoids; NIDDK
- 2 How Your Diet Can Help Prevent Hemorrhoids; Colorado Colon & Rectal Specialists