

low fiber diet

A low fiber diet decreases the amount of stool in the intestine. It is often used for problems with diarrhea, abdominal cramping, obstruction, or after abdominal surgery. The use of a low fiber diet is usually temporary. You should discuss with your doctor or dietitian when/if you can gradually introduce other foods.

Nutrition Guidelines for Good Health



Foods Recommended

White flour and seedless bread, French bread, English muffin, bagel, biscuit, pita, flour tortilla, roll, bun

Waffles and pancakes made from white flour

Plain sweet roll or muffin

Foods that may Cause Distress

Breads made from whole-wheat or whole-grain flour such as whole-wheat, rye, or cracked wheat

Bread containing more than 1 gram fiber/serving

Breads containing seeds, nuts, or dried fruits

Cornbread

Corn tortilla

Foods Recommended

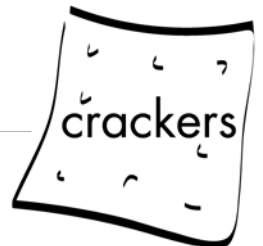
White flour crackers such as soda or saltine crackers, melba toast, matzos, zwieback

Pretzels, rusk

Foods that may Cause Distress

Crackers made from whole-wheat or containing seeds

Graham crackers



Foods Recommended

Cooked cereal such as cream of wheat, cream of rice, grits, or farina

Dry cereals made from corn, wheat or rice such as cornflakes, crispy rice, puffed wheat, or frosted flakes

Foods that may Cause Distress

Oatmeal

Any whole-grain, bran, or granola cereal

Cereal containing more than 1 gram fiber/serving

Cereal containing nuts, coconut, dried fruit or advertised as high fiber

GENERAL PRINCIPLES

- Choose only bread products and cereals made with white flour (Avoid whole-grains and bran)
- Vegetables should be cooked or canned (Do not eat raw vegetables)
- Canned, cooked, or baked fruit is acceptable (Avoid fresh fruit, prunes, and prune juice)
- Avoid nuts, seeds, popcorn, coconut, and dried beans

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Foods Recommended

Macaroni or spaghetti noodles made from white flour
White rice

Foods that may Cause Distress

Whole-grain macaroni or noodles
Wild or brown rice



Foods Recommended

Well-cooked or canned vegetables without seeds such as carrots, beets, or mushrooms

Strained vegetable juice

White potatoes or sweet potatoes without skin

Lettuce, if tolerated

Tomato paste, puree, or sauce

Foods that may Cause Distress

Sauerkraut, winter squash, peas and corn
Cabbage, cauliflower, broccoli, and brussel sprouts may need to be avoided

Raw vegetables and vegetables with seeds

Dried peas, dried beans

Foods Recommended

Canned or cooked fruit without seeds
Applesauce
Ripe bananas

Strained fruit juice except prune

Foods that may Cause Distress

Other raw or dried fruit
Berries, prunes

Fruit juice with pulp, prune juice



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Foods Recommended

Milk
Mild flavored, plain cheese
Cottage cheese
Flavored or plain yogurt



Foods that may Cause Distress

Strong smelling or highly seasoned cheese
Yogurt containing berries, nuts, or coconut



Foods Recommended

Tender beef, lamb, ham, veal, pork,
poultry, fish, shellfish
Eggs
Plain tofu or other soybean products
Smooth peanut butter

Foods that may Cause Distress

Highly seasoned meats, cheese, or fish
such as corned beef, luncheon meats,
hot dogs, sausage, sardines, or anchovies
Dried beans, dried peas, lentils
Nuts, crunchy peanut butter

Foods Recommended

Margarine, butter, oil, mayonnaise, bacon
Plain gravies, in moderation
Mild salad dressings such as
French or ranch



Foods that may Cause Distress

Nuts, seeds, coconut
Highly seasoned salad dressing



Foods Recommended

Bouillon, broth, or cream soups made with
allowed ingredients

Foods that may Cause Distress

Highly seasoned soup

sample menu for low fiber diet

BREAKFAST

cranberry juice (1/2 cup)
cornflakes (3/4 cup)
applesauce (1/2 cup)
white toast (2 slices)
margarine (2 tsp.)
jelly (1 Tbsp.)
2% milk (1 cup)
coffee/tea

LUNCH

beef noodle soup (1 cup)
saltine crackers (4)
lean beef patty (3 oz.)
hamburger bun w/o seeds (1)
ketchup
canned pears (1/2 cup)
gelatin (1/2 cup)
coffee/tea

DINNER

strained apple juice (1/2 cup)
broiled skinless chicken breast (3 oz.)
mashed potato (1/2 cup)
cooked carrots (1/2 cup)
white roll (1)
margarine (2 tsp.)
angel food cake (1 slice)
canned peaches (1/2 cup)
2% milk (1 cup)
coffee/tea

Calories for Menus:
1900 calories

Fiber:
13 grams

Foods Recommended

Plain cakes, cookies
Sherbert, fruit ice, gelatin, ice cream, pudding
Sugar-type candy such as jelly beans or hard candy
Plain chocolate candy
Marshmallows
Jelly, honey, syrup

Foods that may Cause Distress

Any containing seeds, nuts, coconut or dried fruit
Jams, marmalade

Desserts/Sweets



Foods Recommended

Salt, pepper, sugar, mild herbs and spices
Ketchup, mustard

Foods that may Cause Distress

Strongly flavored seasonings and condiments such as garlic, chili sauce, chili pepper, cayenne, red pepper, horseradish, Bar-B-Que sauce, onion, etc.
Popcorn
Pickles
Nuts, seeds, coconut



miscellaneous

Foods Recommended

Coffee, tea
Carbonated beverages

Foods that may Cause Distress

Alcoholic beverages

