

Low Fiber Diet

Low Fiber Diet Start Date:

Recommended Foods

Bread, Cereal, Rice, Pasta

- White bread, rolls, biscuits, croissants, and Melba toast
- Waffles, French toast, and pancakes
- White rice, noodles, pasta, macaroni, and potatoes (*peeled and cooked*)
- **Cooked Cereals:** Farina® and Cream of Wheat®
- **Cold Cereals:** Puffed rice, Rice Krispies®, Corn Flakes®, and Special K®

Vegetables

- Tender, cooked and canned vegetables without seeds: asparagus tips, beans (*green, wax, or lima*), carrots, pumpkin, spinach

Fruits

- Strained, fruit juice
- Canned fruit (*except pineapple*)
- Ripe bananas and melons

Milk/Dairy

- Milk (*plain or flavored*)
- Yogurt, custard, and ice cream
- Cheese and cottage cheese

Meats and Proteins

- Ground, well-cooked tender proteins: beef, lamb, ham, veal, pork, fish, poultry, organ meats
- Eggs
- Peanut butter without nuts

Fats, Snacks, Sweets, Condiments, Beverages

- Margarine, butter, oils, mayonnaise, sour cream, salad dressing, ketchup, mustard
- Plain gravies, bouillon, broth, spices, cooked herbs, and soups (*made with allowed vegetables*)
- Sugar, clear jelly (*no jam*)
- Coffee, tea, and carbonated beverages
- Plain cakes, cookies, hard candy, pretzels
- Gelatin, plain puddings, sherbet, Popsicles® (*no red or purple*)

Foods To Avoid

Bread, Cereal, Rice, Pasta

- Breads, bagels, or rolls with nuts, seeds, or fruits
- Whole wheat, pumpernickel, rye breads, or cornbread
- Potatoes with skin, brown or wild rice, Kasha (*buckwheat*), quinoa

Vegetables

- Raw or steamed vegetables
- Vegetables with seeds
- Baked beans, broccoli, brussel sprouts, cabbage, cauliflower, corns, onions, peas, saurekraut, winter squash

Fruits

- Prune and prune juice
- Raw or dried fruit
- All berries, figs, dates, raisins

Milk/Dairy

- Yogurt with nuts or seeds

Meats and Proteins

- Tough, fibrous meats with gristle
- Dry beans, peas, lentils
- Peanut butter with nuts
- Tofu

Fats, Snacks, Sweets, Condiments, Beverages

- Nuts, seeds, and coconut
- Jam, marmalade, and preserves
- Pickles, olives, relish, and horseradish
- All desserts containing nuts, seeds, dried fruit
- Candy made with nuts or seeds
- Popcorn

All bulking agents like Metamucil®, Benefiber®, or similar products.

