

LOW FIBER DIET RECOMMENDATIONS

Foods to Eat	Foods to Avoid
<p><b>Bread, cereals, and grains</b></p> <ul style="list-style-type: none"> <li>• Cereals without whole grains, added fiber, seeds, raisins or other dried fruit</li> <li>• Crackers, zwieback, melba, and matzoh (no cracked wheat or whole grains)</li> <li>• Plain pasta or noodles</li> <li>• Pretzels</li> <li>• White breads, waffles, French toast, plain white rolls, or white bread toast</li> <li>• White flour for baking or making sauces</li> <li>• White rice</li> </ul>	<p><b>Bread, cereals, and grains</b></p> <ul style="list-style-type: none"> <li>• Bran</li> <li>• Brown or wild rice</li> <li>• Coconut</li> <li>• Graham crackers</li> <li>• Granola</li> <li>• Kasha (buckwheat)</li> <li>• Nuts or seeds</li> <li>• Wheat germ</li> <li>• Whole grains, cracked grains, or whole wheat products</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Strained vegetable juices without pulp or spices</li> <li>• Tender, well-cooked fresh or canned vegetables without seeds, stems or skins: carrots, green or wax beans, spinach, lima beans, pumpkin, asparagus tips</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, peas, and corn</li> </ul>
<p><b>Fruits and desserts</b></p> <ul style="list-style-type: none"> <li>• Canned fruit without seeds or skins (not pineapple)</li> <li>• Melons, except watermelon</li> <li>• Ripe bananas</li> <li>• Sherbet and popsicles</li> <li>• Strained or clear juices</li> </ul>	<p><b>Fruits and desserts</b></p> <ul style="list-style-type: none"> <li>• All berries, figs, dates, and raisins</li> <li>• Prune juice and prunes</li> <li>• Raw or dried fruit</li> </ul>
<p><b>Milk/Dairy</b></p> <ul style="list-style-type: none"> <li>• Cheese, including cottage cheese</li> <li>• Cream sauces, soups, and casseroles</li> <li>• Custard or pudding</li> <li>• Ice cream or frozen desserts (without nuts)</li> <li>• Milk, plain or flavored</li> <li>• Sour cream</li> <li>• Yogurt without seeds or granola</li> </ul>	<p><b>Milk/Dairy</b></p> <ul style="list-style-type: none"> <li>• Yogurt with seeds, berries or nuts</li> </ul>
<p><b>Meat and other Proteins</b></p> <ul style="list-style-type: none"> <li>• Peanut butter without nuts</li> <li>• Eggs</li> <li>• Ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> </ul>	<p><b>Meat and other proteins</b></p> <ul style="list-style-type: none"> <li>• All beans, nuts, peas, lentils, and legumes</li> <li>• Processed meats, hot dogs, sausage, cold cuts</li> <li>• Tough, fibrous meats with gristle</li> </ul>
<p><b>Other foods and condiments</b></p> <ul style="list-style-type: none"> <li>• Clear jellies</li> <li>• Hard candy, marshmallows, and plain chocolate</li> <li>• Margarine, butter, cream, and oils</li> <li>• Mayonnaise and mild salad dressings</li> <li>• Plain gravies, bouillon and broth</li> <li>• Sugar, honey, and syrup</li> </ul>	<p><b>Other foods and condiments</b></p> <ul style="list-style-type: none"> <li>• Marmalade</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• Popcorn</li> <li>• Potato chips</li> </ul>