



## Low Fiber Diet

While fiber is an important part of a healthy diet, there are certain medical conditions that require you to follow a low fiber diet. This diet may help with intestinal discomfort and decrease the volume of bowel movements.

### General Guidelines

- Limit **raw** fruits and vegetables – remove skins before cooking
- Avoid nuts, seeds, and dried fruit
- Avoid whole grains and cereals, especially ones that contain nuts or seeds

### Food Groups

Group	Yes Foods	Foods to Avoid
Breads, cereals, and starches	<ul style="list-style-type: none"> <li>• White bread</li> <li>• Plain rolls, crackers, biscuits, and muffins</li> <li>• Cold cereals like puffed rice, Rice Krispies, Corn Flakes</li> <li>• Cooked cereals like cream of wheat or grits</li> <li>• Rice, macaroni, other pastas</li> <li>• Potatoes <b>without</b> skin</li> <li>• French toast, pancakes, waffles</li> </ul>	<ul style="list-style-type: none"> <li>• 100% whole wheat breads, grains, or cereals</li> <li>• Breads, bagels, and muffins with nuts, seeds, or dried fruit</li> <li>• High fiber cereals – omit cereals with more than 2g of fiber per serving</li> <li>• Cereals, muffins, or bagels with bran – like All-Bran cereal</li> <li>• Potatoes with skin</li> <li>• Popcorn</li> </ul>
Milk and dairy products	<ul style="list-style-type: none"> <li>• Any kind of milk</li> <li>• Yogurt, custard, ice cream</li> <li>• Cheese, cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Any yogurt, cheese, or ice cream with seeds, berries, or nuts</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Canned, soft, and pureed fruit <b>without</b> skin</li> <li>• Fruit juice <b>without</b> pulp</li> <li>• Ripe bananas</li> <li>• Soft melons</li> </ul>	<ul style="list-style-type: none"> <li>• Most raw and dried fruit</li> <li>• Prunes and prune juice</li> <li>• All berries and raisins</li> </ul>

Vegetables	<ul style="list-style-type: none"> <li>• <b>Fork tender</b> cooked or canned vegetables such as green beans, carrots, squash, and tomato sauce</li> <li>• Strained vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Cooked peas, broccoli, cauliflower, baked beans, and corn</li> <li>• Dried, canned, or frozen beans, lentils, or legumes such as pinto beans, kidney beans, and black-eyed peas.</li> </ul>
Meat, fish, eggs, poultry and meat alternatives	<ul style="list-style-type: none"> <li>• Tender, baked, broiled, or boiled fish, chicken, liver, pork, poultry</li> <li>• Ground, well cooked beef, lamb, and veal</li> <li>• Eggs cooked in any way</li> <li>• Canned tuna, salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meats</li> <li>• Luncheon meat with peppercorns or seeds</li> </ul>
Fats and Sweets	<ul style="list-style-type: none"> <li>• Margarine, butter, oils, salad dressings, mayonnaise, sour cream</li> <li>• Cookies and cakes</li> <li>• Puddings, gelatin, sorbet, sherbet, Italian ice, popsicles</li> </ul>	<ul style="list-style-type: none"> <li>• Any desserts that contain nuts, seeds, coconut, or raisins.</li> <li>• Candy made with nuts or seeds</li> </ul>
Condiments	<ul style="list-style-type: none"> <li>• Jelly, syrup, honey</li> <li>• Ketchup, mustard, relish</li> <li>• Spices, herbs, salt, pepper</li> </ul>	

**\*\*NOTE:** If this diet is followed for an extensive length of time you may need supplementation for some vitamins and minerals. Please contact your doctor and/or dietitian if need be.