

Low Fiber Diet

Your health care provider recommends that you follow a **low fiber diet** to help you tolerate foods and allow your bowel to rest and recover. This means you need to change the type and amount of fiber in your diet if you are having one or more of the following symptoms or conditions:

- diarrhea (multiple loose or watery stools per day)
- bowel inflammation due to disorders such as enteritis from chemotherapy or radiation , diverticulitis, ulcerative colitis, or Crohn's disease
- an ileostomy or colostomy
- a narrowing of the bowel, bowel blockage, or recent bowel surgery

This diet may help you to digest foods more readily, reduce irritation to the bowel and decrease the frequency of bowel movements.

The fiber in this type of diet is mostly **soluble** fiber that our intestines can break down more easily. Examples of soluble fiber include oats, barley, rice, carrots and peeled apples. Insoluble fibers are plant products that are undigested and unabsorbed in our intestines. Foods containing wheat bran, whole grains, legumes, nuts, dried fruits and seeds, for example, should be avoided. In some cases, limiting milk and other milk products may help to decrease the frequency of bowel movements.

You may only need to follow these diet changes until your symptoms improve or until you've recovered from surgery. Some may need to follow this diet long-term to help prevent bowel obstruction. Ask your doctor or dietitian about when you should try reintroducing some of the more fibrous foods.

Food	Recommended Foods	Foods to Avoid
Breads, Cereals, Other Grains, Potatoes	<p>Foods made from refined flour or white flour such as:</p> <ul style="list-style-type: none"> -White, Italian, potato & sourdough breads. Low fiber whole wheat bread (2 grams or less of fiber per slice). -Flat bread, pita bread or tortillas. -Plain rolls, biscuits, muffins, bagels, English Muffins, and crackers -Pancakes, waffles, & French toast. <p>Low fiber cereals such as puffed rice, Rice Krispies®, Special K®, Cheerios®, Cream of Wheat®, Cream of Rice®, oatmeal, farina, grits.</p> <p>White rice, refined noodles, pasta, macaroni.</p>	<p>Any bread products or cereals containing more than 2 grams of fiber per serving.</p> <p>Bread or grain products containing nuts, seeds or dried fruits such as raisins or berries.</p> <p>Brown or wild rice.</p> <p>Cereals made from whole grain or bran (shredded wheat, bran flakes).</p> <p>Popcorn.</p>

Food	Recommended Foods	Foods to Avoid
Fruits	<p>Canned fruit in juice: peaches, pears, applesauce.</p> <p>Peeled apples, ripe bananas, ripe cantaloupe, watermelon without seeds or honeydew melon.</p> <p>Soft, well-cooked fruits without skins, seeds or membranes.</p> <p>Fruit juice without pulp.</p> <p>Jellied cranberry sauce.</p>	<p>Fruits with skins and seeds.</p> <p>Dried fruits.</p> <p>All berries</p> <p>Citrus fruits & pineapple.</p> <p>Prune juice.</p> <p>Fruit juice with pulp.</p>
Food	Recommended Foods	Foods to Avoid
Vegetables	<p>Soft, cooked vegetables without skins, seeds, or husks such as carrots, winter squash, green beans, or sweet potato without skin.,</p> <p>Skinless Potatoes (baked, boiled, mashed, baked French-cut).</p> <p>Strained vegetable juice.</p>	<p>Raw vegetables.</p> <p>Fried vegetables.</p> <p>Cooked vegetables excluding those in the “allowed” column: Asparagus, beets, broccoli, Brussel sprouts, cabbage, corn, cauliflower, celery, peas, cooked greens [collard, mustard , turnip], kale, legumes, okra, mushrooms, onions, peppers, spinach, tomatoes.</p>
Meat, Fish, Poultry, Beans, Peas, Eggs, Nuts	<p>Well-cooked, baked, broiled, boiled, or steamed lean meat, poultry, or fish (no skin).</p> <p>Scrambled, poached, or hard-boiled eggs.</p> <p>Turkey bacon or other low-fat breakfast sausage.</p> <p>Egg salad, tuna salad & chicken salad (no celery, onion or raw vegetables)</p> <p>Creamy peanut butter or other nut butters.</p> <p>Tofu and other soy proteins, protein powders.</p>	<p>Tough, grizzly, sinewy, or charred meats.</p> <p>Regular hot dogs, luncheon meats, pepperoni, regular bacon or breakfast sausage.</p> <p>Crunchy peanut butter or other nut butters.</p> <p>Dried peas, beans, or lentils.</p> <p>Hummus.</p>
Dairy (may need to limit to 2 servings per day or less)	<p>Low-fat milk, cheese, cottage cheese, cream cheese, yogurt (without chunks of fruit, nuts, or seeds). Choose plain, vanilla, or other flavored, creamy blended yogurts.</p>	<p>Whole milk, half and half or cream.</p> <p>Any cheese or yogurt with chunks of fruit, granola, nuts, or seeds.</p> <p><i>*Avoid any lactose-containing dairy foods or beverages if lactose intolerant.</i></p>
Soups	<p>Broth, bouillon, au jus, strained soups, cream soups made with allowable ingredients such as cream of tomato, cream of potato, cream of chicken. Meat, poultry, or fish soups with noodles, or white rice.</p>	<p>Soups made with whole grains & vegetables that are not allowed.</p>

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Fats and Desserts	<p>Margarine, butter, vegetable oils, mayonnaise, salad dressings without herbs and seeds.</p> <p>Low-fat dessert options such as fruit ice, frozen yogurt, sorbet, popsicles, gelatin, pudding, hard candy, gummy candies, or mints.</p>	<p>Desserts made with whole grain flour, bran, whole fruit, dried fruit, nuts, coconut, jams & preserves with skins & seeds.</p> <p>Artificial sweeteners (except sucralose).</p> <p>Desserts high in fat such as cakes, pies, doughnuts, Danish, cookies, or ice cream.</p>

Sample Menu

BREAKFAST

Scrambled eggs
English muffin with butter or margarine
Orange juice without pulp
Coffee or tea, if desired

LUNCH

Turkey sandwich on Italian bread without seeds
Mayonnaise, salad dressing, or mustard
Chicken noodle soup
Canned pears
Milk or water

DINNER

Baked pork loin, chicken breast, fish, or lean beef
Mashed potato with gravy
Cooked green beans
Applesauce
Milk or water

SNACK

Vanilla yogurt and a banana

If you have any questions, please call the Nutrition Department at Roswell Park
716-845-239