

Low Fiber Diet

A low fiber diet has been prescribed by your physician to help your digestive system recover. High - fiber foods increase the amount of waste in the intestine. By limiting high fiber foods, the amount of waste can be reduced providing rest for the digestive tract. Fiber is found only in plant foods such as fruits and vegetables, whole grains products, legumes, nuts, and seeds. A low fiber diet is intended for short - term use only. The amount of fiber should not exceed 10 grams per day.

Food Groups	Choose – Low Fiber Foods	Avoid – High Fiber Foods
Vegetables and Legumes	Canned vegetables Cooked, soft vegetables Vegetable juices Mashed potatoes without skin (white or sweet)	Raw vegetables Beans Peas Lentils Corn
Fruits	Canned fruit Fruit juice without pulp Cooked, soft fruit Applesauce	Fresh fruit Dried prunes or prune juice
Grains	Refined white bread without seeds White pasta White rice Plain rolls or muffins Refined cold or hot cereal Plain crackers and pretzels	Whole grain breads, breads made with bran or breads containing nuts or seeds. Whole grain cereals such as shredded wheat, Cherrios or Wheaties. Cereals containing nuts, seeds and dried fruits. Oatmeal Whole grain pasta Brown Rice Popcorn
Soups	Bouillon Broth Broth-based or creamed soups made with allowed ingredients	Bean soups, such as minestrone Lentil soup
Beef, poultry, pork, tofu and eggs	Lean beef, lamb, pork and veal Fish Shellfish Poultry without skin Eggs Tofu Smooth nut butters such as peanut, cashew or almond	

Food Groups	Choose – Low Fiber Foods	Avoid – High Fiber Foods
Fats	Margarine or butter Mayonnaise Oils such as olive, canola or vegetable Salad dressing	Seeds
Desserts *If you have other conditions that limit your dessert options, please continue to follow those restrictions.	Plain cakes and cookies Custard Gelatin Homemade desserts made with allowed ingredients.	Any desserts containing nuts, seeds or dried fruits.
Milk and Dairy	Milk Yogurt without added fruit Cheese Cottage cheese Ice cream, frozen yogurt or sherbet without nuts or dried fruit	Avoid milk if lactose intolerant or choose lactose reduced milk. Yogurt with added fruit
Beverages	All allowed except prune juice	

Sample Menu Plan

Breakfast	Lunch	Dinner	Snack
Orange juice Farina with milk Poached egg White toast w/margarine Coffee	Chicken sandwich on white bread Applesauce Milk	Lean roast beef Baked potato, no skin Winter squash Bread w/margarine	Vanilla wafers Tea

If you have questions, a Nutrition Education Specialist is available to help.
Please call (508) 852-6175 or 1-888-392-0183.