

Low fiber Diet Guide

| <u>RECOMMENDED FOODS</u> | <u>FOODS TO AVOID</u> |
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| <p style="text-align: center;">Bread, Cereal, Rice, and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, and croissants, melba toast • Waffles, French Toast, and pancakes • White rice, noodles, pasta, macaroni, and peeled cooked potatoes • Cooked cereals: Farina, Cream of Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K | <p style="text-align: center;">Bread, Cereal, Rice, and Pasta:</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds, or fruit • Whole wheat, pumpernickel, rye breads, and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat) |
| <p style="text-align: center;">Vegetables:</p> <p>Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</p> | <p style="text-align: center;">Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, and corn |
| <p style="text-align: center;">Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons | <p style="text-align: center;">Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins |
| <p style="text-align: center;">Milk / Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese, cottage cheese | <p style="text-align: center;">Milk / Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds |
| <p style="text-align: center;">Meats and other proteins:</p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts | <p style="text-align: center;">Meats and other proteins:</p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas, and lentils • Peanut butter with nuts • Tofu |
| <p style="text-align: center;">Fats, Snacks, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, salad dressing, ketchup, mustard • Plain gravies • Sugar, clear jelly, honey, syrup, hard candy • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes, cookies, pretzels • Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles | <p style="text-align: center;">Fats, Snacks, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish, and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn |