

## LOW FIBER DIET



Low Fiber diet limits the types of vegetables, fruits and grains you can eat. Avoid food high in fiber such as raw fruits and vegetables, whole wheat products, nuts, popcorn, or bran products. Avoid red meats, hotdogs, or meat substitutes.

Avoid these foods and products made with them:

- Nuts, seeds, dried fruit and coconut.
- Whole grains, popcorn, wheat germ and bran.
- Brown rice, wild rice, oatmeal, granola, shredded wheat, quinoa, bulgur and barley.
- Dried beans, baked beans, lima beans, peas and lentils.
- Chunky peanut butter.
- Fruits and vegetables except those noted below.

Choose these foods:

- Tender meat, fish and poultry, ham, bacon, shellfish, and lunchmeat
- Eggs, tofu and creamy peanut butter.
- Dairy products if tolerated.
- White rice and pasta.
- Baked goods made with refined wheat or rye flour, such as bread, biscuits, pancakes, waffles, bagels, saltines and graham crackers.
- Hot and cold cereals that have less than 2 grams of dietary fiber in a single serving. Cereals made with rice cereals often have very little fiber.
- Canned or well-cooked potatoes, carrots and green beans.
- Plain tomato sauce.
- Vegetable and fruit juices.
- Bananas, melons, applesauce and canned peaches (no skin).
- Butter, margarine, oils and salad dressings without seeds.

Good cooking methods include simmering, poaching, stewing, steaming and braising. Baking or microwaving in a covered dish is another option. You may have fewer bowel movements and smaller stools on a low-fiber diet. To avoid constipation, you may need to drink extra fluids. Drink plenty of water unless your health care provider tells you otherwise.