

LOW FIBER DIET RECOMMENDATIONS

Foods to Eat	Foods to Avoid
<p>Bread, cereals, and grains</p> <ul style="list-style-type: none"> • Cereals without whole grains, added fiber, seeds, raisins or other dried fruit • Crackers, zwieback, melba, and matzoh (no cracked wheat or whole grains) • Plain pasta or noodles • Pretzels • White breads, waffles, French toast, plain white rolls, or white bread toast • White flour for baking or making sauces • White rice 	<p>Bread, cereals, and grains</p> <ul style="list-style-type: none"> • Bran • Brown or wild rice • Coconut • Graham crackers • Granola • Kasha (buckwheat) • Nuts or seeds • Wheat germ • Whole grains, cracked grains, or whole wheat products
<p>Vegetables:</p> <ul style="list-style-type: none"> • Strained vegetable juices without pulp or spices • Tender, well-cooked fresh or canned vegetables without seeds, stems or skins: carrots, green or wax beans, spinach, lima beans, pumpkin, asparagus tips 	<p>Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, peas, and corn
<p>Fruits and desserts</p> <ul style="list-style-type: none"> • Canned fruit without seeds or skins (not pineapple) • Melons, except watermelon • Ripe bananas • Sherbet and popsicles • Strained or clear juices 	<p>Fruits and desserts</p> <ul style="list-style-type: none"> • All berries, figs, dates, and raisins • Prune juice and prunes • Raw or dried fruit
<p>Milk/Dairy</p> <ul style="list-style-type: none"> • Cheese, including cottage cheese • Cream sauces, soups, and casseroles • Custard or pudding • Ice cream or frozen desserts (without nuts) • Milk, plain or flavored • Sour cream • Yogurt without seeds or granola 	<p>Milk/Dairy</p> <ul style="list-style-type: none"> • Yogurt with seeds, berries or nuts
<p>Meat and other Proteins</p> <ul style="list-style-type: none"> • Peanut butter without nuts • Eggs • Ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats 	<p>Meat and other proteins</p> <ul style="list-style-type: none"> • All beans, nuts, peas, lentils, and legumes • Processed meats, hot dogs, sausage, cold cuts • Tough, fibrous meats with gristle
<p>Other foods and condiments</p> <ul style="list-style-type: none"> • Clear jellies • Hard candy, marshmallows, and plain chocolate • Margarine, butter, cream, and oils • Mayonnaise and mild salad dressings • Plain gravies, bouillon and broth • Sugar, honey, and syrup 	<p>Other foods and condiments</p> <ul style="list-style-type: none"> • Marmalade • Pickles, olives, relish, and horseradish • Popcorn • Potato chips