

## **LOW FIBER DIET**

Dietary fiber is plant food that can't be digested by the human body. Residue is the material that remains in the digestive tract after digestion and includes fiber. This residue stimulates the bowel and may aggravate symptoms.

### **FOODS TO BE AVOIDED**

Raw vegetables and fruit	Whole grain breads and cereals
All corn	Granola
Nuts	Potato skin
Dried beans	Coconut
Brown/wild rice	Boiled vegetables
Whole wheat pasta	Horseradish
Fruit juice containing pulp	Pickles
Prune juice	Crunchy peanut butter
Cold cuts with whole spices (peppercorns, olive loaf)	Oysters, clams, mussels
Canned fruit	

### **ALLOWED FOODS**

Eggs	Seasonings
Milk and milk products (check with MD)	Lean, tender or ground meats
Fish	Potato without skin
Candy	Broth only
Pasta, noodles, rice (white)	Desserts (without nuts or fruits)
White bread	Cheese
Low-fiber cereals (Cream of Wheat)	Cookies
Wheat or rice, hot oatmeal, cornflakes, Rice Krispies	All beverages not listed under avoid
Waffles, pancakes French toast	All food types not listed under avoid

### **When eating out**

1. Avoid raw fruits and vegetable salads. Substitute allowed juice, allowed soups or cottage cheese.
2. Avoid fatty meats prepared with seeds, whole grains, or plant skins.
3. Order plain desserts without nuts, seeds or whole grains, such as pudding, plain ice cream, sherbet, plain cake or allowed pies.

### **SUGGESTED DAILY MEAL PLAN**

#### **BREAKFAST**

Juice  
Egg or Cereal  
Toast  
Butter or margarine  
Milk (minimal)  
Beverages

#### **LUNCH**

Broth based soup  
Crackers  
Plain meat sandwich  
Milk (minimal)  
Beverages

#### **DINNER**

Meat or alternate  
Potato  
Bread (white)  
Dessert  
Milk (minimal)  
Beverages