

PATIENT EDUCATION

Low Fiber Diet

Low fiber information

- Fiber is in many everyday foods such as fruits, vegetables, and grains. Once it enters your body, it is not fully digested. As a result, the undigested fibers continue to make their way through the intestine and eventually exit the body as stool.
- A low fiber diet reduces the frequency and volume of stool that passes through the intestines.
- Limiting the amount of fiber can help the body prepare for certain procedures such as a colonoscopy. In some cases, limiting the amount of fiber can lessen irritation to the digestive tract and heal in certain medical conditions.
- At times, conditions may require a low fiber diet, such as Crohn's Disease, Diverticulitis, Ulcerative Colitis, and Radiation therapy to the pelvis and lower bowel.
- The low fiber diet can be adequate in nutrients when you eat a variety of foods. When the diet is limited or followed for a long time, fruit and vegetable intake may be low.
- The low fiber diet is intended for short term use. Ask your provider or dietitian how long the diet should be followed.
- Check food label Nutrition Facts for fiber content on foods purchased. Refer to the Food Guide on the following pages for food choices.

General low fiber diet recommendations

- A diet with less than 8 grams of fiber per day is considered low fiber.
- Look for foods that have less than 1 gram of fiber per serving
- Use bread, crackers, cereal, and pasta with refined wheat (i.e., white flour) or rice rather than whole-grain or bran products.
- Use ripe, canned, or cooked fruits without skin or seeds.
- Use pureed/tender cooked vegetables without skin or seeds.
- Avoid seeds, nuts, coconut, popcorn, dried fruit, dried peas, beans, and lentils.

Food Group	Recommended foods	Foods not recommended
Beverages and milk	Milk and milk drinks Soy milk Rice milk Carbonated beverages Coffee, tea	
Breads and starches	Breads and crackers made from white flour Graham crackers Plain spaghetti, macaroni, noodles White rice	Breads with whole grain, rye, pumpernickel, bran, seeds, nuts, or raisins Crackers containing nuts or seed Brown or wild rice Whole wheat pasta
Cereals	Cream of wheat Ready-to-eat cereals from corn or rice (less than 2 grams of fiber per serving)	Bran cereals, granola, Grape-Nuts, wheat cereals, and wheat germ Oatmeal Cereals with raisins or nuts
Fruits and juices	Fruit juices without pulp Banana Canned or cooked fruits	All fresh fruit (except banana) Dried fruits Fruit pulp or seeds

	Grapefruit and orange sections without membrane Applesauce	Fruit skins Prunes
Vegetables and potatoes	Tomato juice or V8 juice Lower fiber cooked or canned vegetables such as: asparagus, beets, carrots, green or wax beans, mushrooms, potatoes without skins, summer squash, and tomato sauce	Raw vegetables Broccoli Corn Mixed vegetables Skin of potatoes Brussels sprouts Cabbage Cauliflower Cooked greens or spinach Winter squash
Meat, fish, poultry, cheese, eggs, legumes	Tender, well cooked meat, fish, poultry Plain cheeses Smooth peanut butter Tofu Eggs	Tough or chewy cuts of meat Dried beans, peas, or nuts Legumes: chickpeas, lima, kidney, pinto, navy beans Chunky peanut butter
Soup	Soups made from allowed ingredients	Minestrone soup Bean, pea, and lentil soups Chili with beans
Fat	Butter Oils Cream, cream sauce Margarine Mayonnaise, mild salad dressing	Nuts or seeds
Dessert	Plain cake, cookies, pudding, custard, ice cream, sherbet, gelatin, desserts without nuts or seeds	Desserts containing nuts, coconut, dried fruits, fruit with seeds or skins
Sugar and sweets	Sugar, syrup, honey, clear jelly, plain, sugar candy in moderation	Jam, marmalade, and candies that contain skins, seeds, or nuts
Miscellaneous	Spices Herbs Seasonings Flavoring extracts Ketchup	Pickles Popcorn

Sample Menu (less than 8g fiber):

Breakfast	Noon	Evening
Orange Juice Cream of Wheat Soft-cooked egg White toast, margarine/jelly Milk Beverage	Chicken rice soup Roast beef sandwich on white bread with mayonnaise Tomato juice Orange sherbet Milk Beverage	Baked chicken with gravy Whipped potatoes Green beans White dinner roll, margarine Canned peaches Milk Beverage