

# Low Fiber Diet

A low fiber diet limits the amount of food waste that must move through the large intestine.

## Approved Foods

### Bread, cereal, rice, and pasta

- White bread, rolls, biscuits, croissants, melba toast
- Waffles, French toast, pancakes
- White rice, noodles, pasta, and macaroni
- Peeled cooked potatoes
- Plain crackers, saltines
- Farina, cream of rice
- Puffed rice, rice krispies, corn flakes, special K

### Meat

- Ground (beef, chicken, turkey)
- Lamb
- Pork
- Veal
- Fish
- Poultry

### Vegetables

- Cooked carrots
- Asparagus tips
- Green or wax beans
- Pumpkin
- Lima Beans

### Fruits

- Bananas, Honeydew, cantaloupe

### Milk/Dairy

- Milk-plain or flavored, eggs
- Yogurt, custard, ice cream, cheese, cottage cheese

### Fats, snacks, sweets, condiments, and beverages

- Margarine, butter, oils
- Mayonnaise
- Sour cream
- Dressing
- Plain gravy
- Sugar
- Clear jelly
- Honey
- Syrup
- Spices/cooked herbs
- Bouillon, broth
- Coffee, tea, carbonated drinks
- Plain cake, cookies
- Gelatin, plain pudding, popsicles
- Hard candy or pretzels
- Mustard, ketchup

## Foods to Avoid

- Breads or rolls with nuts, seeds or fruit: whole wheat, pumpernickel, rye, corn bread, chia seeds
- Brown or wild rice, buckwheat, quinoa
- Vegetables (raw or steamed, with seeds) - winter squash, peas, broccoli, Brussels sprouts
- Cabbage, onions, cauliflower, sprouts, baked beans, peas, corn, potatoes with skin
- Sauerkraut
- Fruits (raw or dried) - all berries, figs, dates/raisins, prunes, prune juice
- Yogurt with nuts or seeds
- Processed meat - hotdogs, sausage, cold cuts, tough meat with gristle