

Low Fiber/Low Lactose Diet

This diet is recommended for people who need to limit foods with fiber and lactose. Usually, it is good to eat foods with plenty of fiber and eat & drink low-fat milk products. However, with certain bowel diseases or after intestinal surgeries, eating foods that are easier-to-digest is helpful. This diet should only be followed at the recommendation of your doctor. Be sure to ask your doctor when you can return to eating your regular diet.

Food Group	Recommended	Not Recommended
Milk/Dairy	Try limiting milk and dairy products (ice cream, cottage cheese, cream, cream soup, pudding) to ¼ - ½ cup with meals. Cheese and smooth yogurt do not cause problems for most people.	Yogurt or ice cream with fruit pieces, granola, nuts or added fiber.
Meat or Protein Foods	Tender beef, pork, ham, chicken, turkey, eggs, fish, smooth peanut butter	Tough, gristly, deep fried meats, bacon, sausage, frankfurters, luncheon meats, sardines, crunchy peanut butter
Breads, Cereals Grains & Starches	White bread, rolls, pasta and rice; refined cereals including cream of wheat & Rice Krispies; soda crackers, biscuits, pancakes. Choose grain foods with less than 2 grams of fiber per serving.	Whole grain breads, pasta & cereals including oatmeal; wild & brown rice; bran, quinoa, graham crackers
Fruits & Juices	Cooked or canned fruits except those listed under not recommended; ripe banana or melons, peeled apple. Fruit juice without pulp	Fresh fruit except ripe banana, melon and peeled apple; dried fruits; canned berries or cherries; juice with pulp, prune juice; jam, marmalade
Vegetables	Canned or well-cooked vegetables except those listed under not recommended; vegetables without skins or seeds; mashed potatoes; tomato juice, sauce & paste	Raw, deep-fried and lightly cooked vegetables, vegetables with seeds or skins; peas, corn, dried beans and peas and cooked spinach or greens
Desserts, Sweets, Miscellaneous	Gelatin, sherbet, plain cake, sugar cookies, vanilla wafers, sugar, brown sugar, sugar substitutes, clear jelly, honey, syrup, marshmallows, candy without nuts, coffee, tea, soft drinks, catsup, mustard, lemon juice, vinegar	Desserts with coconut, nuts, raisins, seeds, popcorn, pickles, whole spices Foods with fiber added. Avoid foods with more than 2 grams fiber per serving.

- Drink milk and eat dairy foods with other foods and limit to ½ cup serving.
- If you find you feel sick with even small amounts of milk, buy “lactose-free” milk or dairy foods and see if that helps. You can also try using calcium-fortified soy milk.
- Try taking lactase tablets with milk or dairy foods. You can buy these at the drug store.

Try these sample menus for ideas-

Breakfast- Rice Krispies with banana & ½ cup milk, cranberry juice, white toast, margarine & jelly, coffee & sugar

Lunch - Turkey sandwich on white bread, gelatin with canned peaches, iced tea, angelfood cake

Dinner- Grilled lean hamburger on a white bun with ketchup/mustard, mashed potatoes & butter, soft-cooked green beans, ½ cup milk & canned pears

Snack- Sugar cookie and lemonade or pretzels and soda pop or American cheese on saltine crackers

Please call the St. Luke's Nutrition Center if you have questions – 319/369-7440.