

Low Fiber Diet

The low fiber diet is recommended for people who need to limit foods with fiber. Usually, it is good to eat foods with plenty of fiber. 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	Milk, smooth yogurt, cheese, cottage cheese	Yogurt 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 and canned cherries; juice with pulp, prune juice; jam, marmalade
Vegetables	Canned and 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 skins or seeds, cooked spinach or greens, peas, corn, dried beans and peas
Desserts, Sweets, Miscellaneous	Plain pudding, gelatin, ice cream, 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 of fiber per serving.

What should I eat & drink at my meals?

Try these sample menus for ideas-

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

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

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

Snack- Sugar cookie and milk 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.