

Low Fiber Diet

Fiber is the undigested part of plants that passes through the intestines and contributes to the amount of stool.

If you have been told to follow a low fiber diet, look for foods with less than 3 grams of fiber per serving.

Recommended Foods	Foods to Avoid
Breads and Grains	
<p>Enriched white bread, toast, rolls, cornbread, biscuits, muffins, crackers, pancakes, and waffles.</p> <p>Look for "enriched" flour as the first ingredient listed.</p>	<p>Any bread product that lists whole grain flour or graham flour as the first ingredient</p> <p>100% whole wheat bread</p> <p>Breads made with bran, nuts, seeds (including ground flaxseed), cracked grains, coconut, or dried fruit</p>
<p>Refined, ready-to-eat cereals such as puffed rice and puffed wheat (e.g., Rice Krispies®, Cornflakes®)</p> <p>Hot cereal made from refined wheat, corn, or rice (e.g., Cream of Wheat, grits)</p>	<p>Bran or whole grain cereals, such as Fiber One® or store brand equivalent.</p> <p>Oatmeal, oat bran, granola</p> <p>Cereal with seeds, nuts, coconut, or dried fruit.</p>
<p>White rice, white pasta, macaroni, egg noodles, couscous</p>	<p>Brown rice, wild rice; farro; quinoa; kasha (buckwheat) barley</p> <p>Whole wheat pasta</p>
Fruits	
<p>Canned or cooked fruits, fruit cocktail, canned or jar applesauce</p>	<p>Apples, pears, bananas, all berries, and other raw fruits except as noted in allowed column.</p>
<p>Peeled (no skin) apricots, peaches, plums, or nectarines</p> <p>Clementines (up to 2 per day)</p>	<p>Dried fruits.</p>
<p>Fruit juice (strained without pulp)</p>	<p>Blended smoothies made from whole fruits (e.g. Naked®, Odwalla®, or others made from whole fruit).</p>

Recommended Foods	Foods to Avoid
Vegetables	
<p>You can eat up to ½ cup per meal of many cooked vegetables, including green beans, carrots, beets, spinach, kale, lettuce, Brussels sprouts, tomato</p> <p>Eat no more than ½ cup of these at a meal, and no more than 1 – 1 ½ cups per day</p>	<p>Sweet potato with or without skin, white potato with or without skin. Pumpkin, winter squash</p> <p>Any vegetable or vegetable dish containing seeds, stems, or skins</p> <p>Servings of any vegetable larger than ½ cup, or multiple servings of vegetables at the same meal</p>
Dairy	
<p>All dairy and non-dairy (plant-based) alternatives are allowed except products with added or blended fruit or nuts. Check nutrition label for total fiber content.</p>	<p>Yogurt, smoothies, and ice cream containing fruit, seeds, or nuts in excess of 3 grams.</p> <p>Check nutrition label for fiber content.</p>
Protein Foods	
<p>All meats, fish, poultry and eggs</p>	<p>Legumes, peas, or any beans such as black, refried, pinto, kidney, lima, lentils.</p>
<p>Tofu</p>	<p>Edamame, soy nuts, tempeh</p>
<p>Up to 2 tablespoons of smooth peanut butter or sunflower butter</p>	<p>Chunky peanut butter</p> <p>Smooth peanut butter in servings larger than 2 tablespoons.</p> <p>Tree nuts (such as pecans, walnuts, almonds, cashews) or nut butters from these nuts</p>
Fats and Snacks	
<p>Margarine, butter, vegetable oils, mayonnaise, cream, gravies, most salad dressings, olives, avocados.</p>	
<p>Chocolate, pudding, cakes, cookies, pretzels, saltines crackers</p>	<p>Snacks made with whole-grain flour, bran (for example, bran muffins, granola bars, fiber bars). Snacks or desserts made with seeds, nuts, coconut, dried fruit.</p>

Fluids

A low-fiber diet may cause fewer bowel movements and smaller stools. You may need to drink more fluids to help prevent constipation. Drink plenty of water or other fluid unless your doctor has told you otherwise.