

Low Fiber Diet

What is it?

- A low fiber diet means eating foods that **do not** have a lot of fiber. Fiber is the part of fruits, vegetables, and grains not broken down by your body. Fiber and waste products from the GI tract are called residue. Residue is what becomes the stool, or bowel movement (BM).
- You may need a diet low in fiber if you have diarrhea or cramping. You may need this diet if you have bowel problems or have problems digesting certain foods.
- You may need to eat foods low in fiber after surgery until your bowel returns to normal. A low fiber diet will make your BM smaller. You may need extra water or a stool softener to have BMs on a regular basis.

Care:

- The foods you should and should not eat are listed below. Limit dairy foods like milk and cheese to 1-2 small servings a day if you have trouble digesting them. Do not eat any dairy foods if you do not digest them well within a few days.
- You may be able to eat the foods you usually eat when feeling better.

Serving Sizes: A serving size means the size of food after it is cooked.

- 1 cup (8 ounces) of food is the size of a large handful.
- 1/2 cup (4 ounces) of food is about half of a large handful.
- 2 tablespoons (Tbsp) is about the size of a large walnut.
- 1 tablespoon (Tbsp) is about the size of the tip of your thumb (from the last crease).
- 1 teaspoon (tsp) is about the size of the tip of your little finger (from the last crease).
- Three ounces of cooked meat, fish, or poultry is about the size of a deck of cards.

- 1 ounce of cooked meat, fish, or poultry is about 1/4 cup (c).
- One ounce of hard cheese is about a 1 inch cube.
- A serving of vegetables is 1/2 cup (1/2 handful) cooked, or 1 cup (full handful) of raw vegetables.

Breads and Starches: Choose items made from white or refined flour. Avoid those made with bran, wheat germ, nuts, seeds, whole wheat flour, or added fiber.

- Eat 6 to 11 servings a day from this list.
 - 1/2 cup cooked cereal or 1 cup flake cereal
 - 1/2 cup mashed potatoes without the peels
 - 1 6-inch pancake or waffle
 - 1/2 cup cooked regular pasta, macaroni, or noodles
 - 6 small saltine crackers
 - 1 slice white bread
 - 1/2 cup cooked white rice, grits, couscous, or farina

Do not eat the following foods:

- Bran, wheat germ, and bulgar wheat
- Breads or cereals made with nuts, seeds, or whole grain flour
- Brown or wild rice, or rice cakes
- Corn, corn meal, and corn bread
- Oatmeal, rolled oats, kashi, or granola cereals

Desserts:

- Eat up to 2 servings a day from this list.
 - 1/2 cup frozen yogurt, sherbet, or sorbet
 - 1/2 cup 2 pieces hard candy (without nuts)
 - 1 slice plain cake or 2 small cookies
 - 1 popsicle or 1 cup fruit ice

Do not eat the following foods:

- Any dessert with nuts, dried fruit, or seeds in it

Fruits:

- Eat 2 to 3 servings a day from this list.
 - 1/2 cup applesauce or fruit cocktail
 - 1/2 large banana or 1 small ripe banana
 - 1/2 cup canned or cooked fruits without peels
 - 1 cup melon cubes
 - 1 small orange, or 1/2 grapefruit, well peeled
 - 1/2 cup strained fruit juice

Do not eat the following foods:

- Any kind of berry (like cherries, blueberries, raspberries, or strawberries)
- Dried fruits, dates, figs, or prunes
- Prunes or prune juice
- Raw fruits that have skins or seeds (like apples)
- Raw pineapple
- Rhubarb

Meat / Meat Substitutes:

- Eat 2 to 3 servings a day from this list.
 - 1 large or 2 medium eggs
 - 2 Tbsp smooth peanut butter
 - 2-3 ounces of tender, well cooked meat, fish, or poultry
 - 4 oz. tofu

Do not eat the following foods:

- Crunchy peanut butter
- Dried cooked beans, peas, or lentils
- Foods with a bread coating or that are deep fried
- Legumes and nuts
- Meats with a breaded or crusty coating
- Soy tempeh
- Tough or stringy meats (like corned beef or beef jerky)

Milk and Dairy:

- Eat 2-3 servings a day if tolerated. If you have trouble digesting these foods, limit to 1-2 small servings a day, or omit entirely.
 - 1/2 cup cottage or ricotta cheese
 - 1/2 cup custard or pudding
 - 1-2 ounces of lowfat cheese
 - 1 cup milk (any kind)
 - 1 cup milk drinks (like a milk shake or hot cocoa)
 - 1 cup yogurt without nuts, seeds, or peels

Do not eat the following foods:

- Cheeses with seeds or chile peppers
- Ice cream or yogurt with nuts or seeds

Vegetables:

- Eat 2 to 3 servings a day from this list.
 - 1 cup chopped lettuce (if tolerated)
 - 1/2 cup cooked or canned vegetables without seeds or peels
 - 1 cup vegetable juice (like tomato)

Do not eat the following foods:

- Raw (uncooked) vegetables (except lettuce)
- Vegetables in the cabbage family like broccoli, cauliflower, cabbage, and brussels sprouts
- Vegetables that have seeds or peels (like tomatoes, cucumbers, peas, lima beans, or squash)

Other Foods:

- Do not eat the following foods.
 - Coconut/Peanuts
 - Nuts/Popcorn/Seeds
 - Peels on fruits or vegetables