



LOW-FIBER DIET

A low-fiber diet is for people who need to rest their intestinal tract. A low-fiber diet limits the amount of food waste that has to move through the large intestine.

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none">• White bread, rolls, biscuits, and croissant, melba toast• Waffles, French toast, and pancakes• White rice, noodles, pasta, macaroni and peeled cooked potatoes• Plain crackers, Saltines• Cooked cereals: farina, Cream of Rice• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none">• Breads or rolls with nuts, seeds or fruit• Whole wheat, pumpernickel, rye breads and cornbread• Potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p>Vegetables:</p> <p>Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</p>	<p>Vegetables:</p> <ul style="list-style-type: none">• Raw or steamed vegetables• Vegetables with seeds• Sauerkraut• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
<p>Fruits:</p> <ul style="list-style-type: none">• Strained fruit juice• canned fruit, except pineapple• ripe bananas• melons	<p>Fruits:</p> <ul style="list-style-type: none">• prunes and prune juice• raw or dried fruit• all berries, figs, dates and raisins

<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • milk, plain or flavored • yogurt, custard, and ice cream • cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • ground, wellcooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • eggs • peanut butter without nuts 	<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • tough, fibrous meats with gristle • dry beans, peas, and lentils • peanut butter with nuts • Tofu
<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, and salad dressing • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles • Hard candy or pretzels • Ketchup, mustard 	<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish, and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • popcorn