



# LOW FIBER DIET



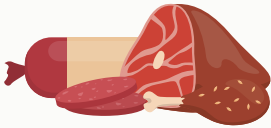
## Special Instructions:

### What is a Low Fiber/Low Residue Diet: 8 Grams of Fiber or Less

You may need a low fiber diet for a bowel test, a short-time, or for a long-time condition. Fiber can lower the number of bowel movements per day. Fiber can also make bowel movements happen less often. The goal of the low-fiber diet is to get less than 8 grams of fiber daily.

Fiber is found in plant foods. It is part of whole grains, such as bread and rice. It is also found in fruit and vegetables, especially the skins.

## By Food Groups:

FOOD GROUP	RECOMMENDED	FOODS TO AVOID
<p><b>VEGETABLES</b></p> 	<ul style="list-style-type: none"> <li>• Canned and well-cooked vegetables with no seeds, skins, or hulls.</li> <li>• Cooked carrots or green beans.</li> <li>• White, red, or yellow potatoes without skin.</li> <li>• Strained vegetable juice.</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or under cooked vegetables, beets, broccoli, brussels sprouts, beans, cabbage, cauliflower, collards, mustard, or turnip greens, corn, cucumber, peas, kale, lima beans mushrooms, okra, olives, pickles, relish, onions, parsnips, peppers, potato skins, sauerkraut, tomatoes</li> </ul>
<p><b>FRUITS</b></p> 	<ul style="list-style-type: none"> <li>• Soft and well-cooked fruits without skins or membranes.</li> <li>• Canned fruit in juice</li> <li>• Peaches, pears, or applesauce</li> <li>• Fruit juice without pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Raw fruit</li> <li>• Dried fruit</li> <li>• Avocado</li> <li>• Berries</li> <li>• Coconut</li> <li>• Canned fruit in syrup</li> <li>• Canned fruit with mandarin oranges, papaya, or pineapple, fruit juice with pulp, prune juice, fruit skin</li> </ul>
<p><b>PROTEINS</b></p> 	<ul style="list-style-type: none"> <li>• Lean, very tender, well-cooked chicken or fish</li> <li>• Lean, ground beef, pork, or lamb</li> <li>• Eggs, well-cooked</li> <li>• Smooth nut butters such as peanut, almond, or sunflower</li> </ul>	<ul style="list-style-type: none"> <li>• Steak, pork chops, or fatty meats that have gristle</li> <li>• Fried meat, poultry, fish</li> <li>• Seafood with thick or rubbery texture</li> <li>• Lunch meats such as bologna and salami</li> <li>• Sausage, bacon, or hot dogs</li> <li>• Hummus</li> <li>• Sushi,</li> <li>• Nuts or chunky nut butters</li> </ul>

FOOD GROUP	RECOMMENDED	FOODS TO AVOID
<p style="text-align: center;"><b>DAIRY</b></p> 	<ul style="list-style-type: none"> <li>• Fat Free Milk</li> <li>• 1-2% Fat Milk</li> <li>• Lactose Free Milk</li> <li>• Buttermilk</li> <li>• Almond, cashew, coconut, or rice milk</li> <li>• Yogurt/lactose free yogurt without fruit, nuts, chocolate, or granola</li> <li>• Mild cheese</li> <li>• Cottage cheese</li> <li>• Low-fat ice cream</li> <li>• Sherbet</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk or 4% Fat Milk</li> <li>• Soy Milk</li> <li>• Cream</li> <li>• Half-and-half</li> <li>• Sour cream</li> <li>• Yogurt with added fruit, nuts, granola, or chocolate</li> </ul>
<p style="text-align: center;"><b>GRAINS</b></p> 	<ul style="list-style-type: none"> <li>• White rice, white pasta, white bread, muffins, cream of rice or cream of wheat cereal, grits, tortillas (flour or corn), crispy rice or corn flakes</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain bread that contains seeds or nuts, whole grain tortillas, whole grain rice,</li> <li>• Whole grain pasta, quinoa, kasha, barley, oatmeal, bran flakes, shredded wheat, popcorn</li> </ul>
<p style="text-align: center;"><b>OILS &amp; FATS</b></p> 	<ul style="list-style-type: none"> <li>• Olive and canola oil</li> </ul>	<ul style="list-style-type: none"> <li>• Pork rinds</li> </ul>
<p style="text-align: center;"><b>DRINKS</b></p> 	<ul style="list-style-type: none"> <li>• Clear liquids, Gatorade, Pedialyte, Powerade, clear broth, coffee, tea, carbonated beverages, Kool-Aid</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid psyllium or other fiber supplements during this time such as Benefiber®, Citrucel®</li> <li>• Juices with Pulp, prune juice</li> </ul>