Low-Fiber Diet

Understanding a low-fiber diet

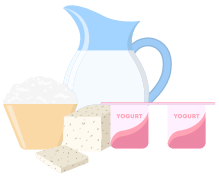
Fiber is a part of plant foods that your body cannot fully digest. It is found in fruits, vegetables, and whole grains, including brown rice, cereal, and whole wheat bread.

Eating less fiber makes bowel movements smaller and happen less often. You may have a low-fiber diet for a medical test or for a long-term health condition.

The goal of a low-fiber diet is to get less than 10 grams of fiber each day.

Low-fiber food groups

	Foods to eat	Foods to avoid
Vegetables 	• Canned and well-cooked vegetables with no seeds or skin, such as cooked carrots or cooked green beans • Cooked white, red, or yellow potatoes, without skin • Strained vegetable juice	• All raw vegetables • Alfalfa or bean sprouts Cooked or undercooked: • Beets • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Collard, mustard, or turnip greens • Corn • Cucumbers • Kale • Lima beans • Mushrooms • Okra • Olives • Onions • Parsnips • Peas of any kind • Peppers • Pickles or relish • Potato skins • Sauerkraut • Tomatoes

	Foods to eat	Foods to avoid
Fruits 	• Soft, well-cooked fruits without skins or seeds • Canned fruit in juice • Applesauce • Fruit juice without pulp	• Dried fruit • Raw fruit • Avocado • Berries • Coconut • Canned fruit in syrup • Canned fruit with mandarin oranges, papaya, or pineapple • Fruit juice with pulp or prune juice • Fruit with skin
Proteins 	• Meat is not a source of fiber • When possible, choose lean and tender meats: chicken, fish, eggs, lean beef, or lean pork • Smooth nut butter, such as peanut, almond, or sunflower butter	• High-fat meat, which may make digestive symptoms worse: fatty or fried meat, fried poultry, or fried fish • Sausage, salami, bologna, bacon, and hot dogs • Nuts or chunky nut butter • Hummus • Beans, peas, or lentils
Dairy 	• Dairy is not a source of fiber • When possible, choose reduced-fat or fat-free milk, cheese, or yogurt • Almond, cashew, coconut, or rice milk	• High-fat dairy, which may make your digestive symptoms worse: whole milk, half-and-half, and cream • Yogurt with added fruit, nuts, granola, or chocolate • Pea milk or soy milk (may cause diarrhea, gas, bloating, and stomach pain)

	Foods to eat	Foods to avoid
Grains 	• Grain foods with less than two (2) grams of fiber per serving • Refined white flour products: enriched white bread without seeds, crackers, or pasta • Cream of Rice® or Cream of Wheat® cereal • Fine ground grits • Tortillas (corn or white flour) • White rice, well-cooked (do not rinse before cooking) • Cold and hot cereals made from white or refined flour, such as crispy rice or Corn Flakes®	• Whole grain bread or whole wheat bread • Bread with nuts or seeds • Whole grain or high-fiber cereal: oatmeal, bran flakes, or shredded wheat • Popcorn • Whole wheat pasta • Whole wheat tortillas
Oils and fats 	• Oils and fats are not sources of fiber • When possible, choose healthy oils such as olive oil, avocado oil, or canola oil	• Unhealthy fats: tallow, lard, butter, and fried foods
Drinks 	• Broth and strained soups made from the allowed foods • Coffee and tea • Carbonated beverages • Gatorade® • Pedialyte® • Powerade®	• Psyllium or other fiber supplements, such as Benefiber® or Citrucel® • Juices with pulp • Prune juice
Other 	• Clear jelly with no seeds • Small portions of dessert made without whole grains, seeds, nuts, raisins, or coconut	

Meal examples

Breakfast

- Half a cup cooked cream of wheat or cream of rice, which is less than one (1) gram fiber, prepared with water or reduced-fat milk
- One (1) slice white toast, which is less than one (1) gram of fiber
- Two (2) scrambled eggs, prepared with olive oil, avocado oil, or canola oil

The total fiber is less than two (2) grams.

Lunch

- Two (2) slices of white bread, which is less than two (2) grams of fiber
- One (1) can or packet or tuna packed in water, drained
- One (1) tablespoon of mayonnaise
- One (1) cup low sodium chicken broth

The total fiber is less than four (4) grams.

Snacks

- One (1) peeled apple and smooth peanut butter
- Six (6) saltine crackers, which is less than one (1) gram of fiber
- Two (2) ounces of low-fat cheddar cheese

The total fiber is less than two (2) grams.

Dinner

- Three (3) ounces of tender chicken breast
- One (1) cup of white rice, which is less than one (1) gram of fiber
- Half a cup cooked canned green beans, which is about two (2) grams of fiber

The total fiber is less than three (3) grams.

