

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, 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> <ul style="list-style-type: none"> • tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans 	<p>Vegetables:</p> <ul style="list-style-type: none"> • raw or steamed vegetables, lettuce, salad fixings • 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, Poultry, Fish, Dry Beans, and Eggs:</p> <ul style="list-style-type: none"> • ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • eggs • peanut butter without nuts 	<p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <ul style="list-style-type: none"> • tough, fibrous meats with gristle • dry beans, peas, and lentils • peanut butter with nuts
<p>Fats, Snacks, 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 	<p>Fats, Snacks, 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