

*If you have
any questions,
please ask
your physician
or registered
dietitian.*

Low-Fiber Diet

Dietary fiber is the part of fruits, vegetables, beans, nuts, seeds and whole-grain products that cannot be digested. A low-fiber diet includes foods that are easy to digest. Your goal is to eat 8 to 13 grams of fiber or less each day.

A low-fiber diet is used to help you have fewer and smaller bowel movements. This helps ease gastrointestinal irritation and discomfort. If you have narrowing of the bowel, a low-fiber diet can also prevent blockages.

If you follow a low-fiber diet for a long time, you may not get enough of the vitamins and minerals your body needs to function. Talk with your physician or registered dietitian about how long you should follow this diet. They will let you know if you need nutrition supplements.

General guidelines

- Eat about 5 to 6 small meals daily or about every 3 to 4 hours.
- Do not skip meals.
- Limit acidic, spicy, high-fat and fried foods.
- Drink plenty of liquids (at least 8 cups) each day. Plain water is the best choice.
- Limit drinks with caffeine, carbonation, sugar and sugar substitutes.

Low-fiber food recommendations are listed on the following pages. Keep this list handy as you make food choices.

Low-fiber diet suggestions

Food type	Foods recommended	Foods not recommended
Grains	<p>Choose grain foods with less than 2 grams of fiber per serving.</p> <ul style="list-style-type: none"> • Cream of wheat or rice • Grits (fine ground) • Tortillas: white flour or corn • White rice, well cooked (Do not rinse or soak before cooking.) • Cold and hot cereals made from white or refined flour such as puffed rice or corn flakes 	<ul style="list-style-type: none"> • 100% whole-wheat bread or bread made with whole-grain flour, seeds or nuts • Brown rice, quinoa, kasha and barley • Whole-grain tortillas • Whole-wheat pasta • Whole-grain and high-fiber cereals, including oatmeal, bran flakes and shredded wheat • Popcorn
Meats and other proteins	<ul style="list-style-type: none"> • Lean, very tender, well-cooked poultry, fish, beef, pork or lamb (If you have a stricture or ostomy, slow cook meats until soft and chop.) • Eggs, well cooked • Smooth nut butters (peanut butter, almond butter, sunflower butter) • Tofu 	<ul style="list-style-type: none"> • Steak, pork chops and other meats that are fatty and have gristle • Fried meat, poultry and fish • Seafood with a tough or rubbery texture, such as shrimp • Lunch meats, such as bologna and salami • Sausage, bacon and hot dogs • Dried beans, peas and lentils • Hummus • Sushi • Nuts and chunky nut butters
Milk and milk products	<p>If you have lactose intolerance, drinking milk products from cows or goats may make diarrhea worse. Foods marked with an asterisk (*) have lactose.</p> <ul style="list-style-type: none"> • Milk* • Lactose-free milk • Buttermilk* • Fortified non-dairy milks: almond, cashew, coconut or rice • Kefir* • Yogurt* or lactose-free yogurt • Mild cheese (Hard and aged cheeses, such as cheddar, Swiss or Parmesan, tend to be lower in lactose.) 	<ul style="list-style-type: none"> • Whole milk • Pea milk and soy milk (may cause diarrhea, gas, bloating and abdominal pain) • Cream • Half-and-half • Sour cream • Yogurt with added fruit, nuts, granola or chocolate

Food type	Foods recommended	Foods not recommended
Milk and milk products (continued)	<ul style="list-style-type: none"> • Cottage cheese* or lactose-free cottage cheese • Low-fat ice cream* or lactose-free ice cream • Sherbet* 	
Vegetables	<ul style="list-style-type: none"> • Canned and well-cooked vegetables without seeds, skins or hulls • Carrots or green beans, cooked • White, red or yellow potatoes without skins • Strained vegetable juice 	<ul style="list-style-type: none"> • Alfalfa and bean sprouts • Raw and undercooked vegetables: beets, broccoli, Brussels sprouts, cabbage, cauliflower, greens, corn, cucumber, peas, kale, lima beans, mushrooms, okra, olives, pickles and relish, onions, parsnips, peppers, potato skins, sauerkraut, spinach and tomatoes
Fruits	<ul style="list-style-type: none"> • Soft and well-cooked fruits without skins, seeds or membranes • Canned fruit in juice, such as peaches or pears • Applesauce • Fruit juice without pulp, diluted by half with water (Fruit drinks fortified with vitamin C may be better tolerated than 100% fruit juice.) 	<ul style="list-style-type: none"> • Raw fruit • Dried fruit • Avocado, berries and coconut • Canned fruit in syrup • Canned fruit with mandarin oranges, papaya or pineapple • Fruit juice with pulp • Prune juice • Fruit skin
Fats	<ul style="list-style-type: none"> • Healthy oils, such as olive oil, canola oil or plant oils 	<ul style="list-style-type: none"> • Solid fats
Other	<ul style="list-style-type: none"> • Broth and soups made from allowed foods • Desserts (small portions) without whole grains, seeds, nuts, raisins or coconut • Jelly (clear) 	<ul style="list-style-type: none"> • Pork rinds

Sample 1-day low-fiber menu

Breakfast
2 scrambled eggs 1 slice white toast (1 gram fiber) 1 teaspoon margarine 1/2 cup cream of wheat (0.5 gram fiber)
Morning snack
1 cup lactose-free nutrition supplement
Lunch
3 tablespoons tuna 1 tablespoon mayonnaise 2 slices white bread (2 grams fiber) 1 cup chicken noodle soup (1 gram fiber) 1/2 cup apple juice
Afternoon snack
6 saltine crackers 2 ounces low-fat cheddar cheese
Dinner
3 ounces tender cooked chicken breast 1 cup white rice (0.5 gram fiber) 1/2 cup cooked canned green beans (2 grams fiber) 1/2 cup cranberry juice
Evening snack
1 cup lactose-free nutrition supplement