

Low Fiber Diet

(no more than 10 grams of fiber per day)

Food Group	Foods Allowed	Foods Discouraged
Beverages	<ul style="list-style-type: none"> ▪ Almost all 	<ul style="list-style-type: none"> ▪ “Nutrition” drinks that are fortified with added fiber such as Ensure with Fiber or Jevity. <i>Regular Ensure is not fortified with added fiber.</i>
Dairy	<ul style="list-style-type: none"> ▪ Almost all <p><i>If you have a history of milk (lactose) intolerance, avoid fresh fluid milk. Usually lactose reduced milk such as Dairy Ease or Lactaide, or fermented milk, like buttermilk, yogurt, or cheeses are tolerated.</i></p>	<ul style="list-style-type: none"> ▪ Yogurt with fruit pieces. <p><i>If you have a history of lactose intolerance, <u>avoid fresh milk products like whole, 2%, or skim milk.</u> If you have a history of severe lactose intolerance, <u>all milk products may need to be avoided.</u></i></p>
Breads, Cereals or Grains	<ul style="list-style-type: none"> ▪ Bread made with refined white, potato, or rice flour such as: Regular white bread, plain crackers, rolls, hamburger buns, plain muffins made with white flour; flour tortillas, plain pretzels. ▪ Plain pasta or white rice. ▪ Plain refined cereals with no more than 1 gram of fiber per serving: Corn Flakes, Rice Crispies, Special K, Cream of Wheat, Cream of Rice 	<ul style="list-style-type: none"> ▪ Any bread, cereal, or cracker made with whole grain flour, nuts, seeds, or fruit. ▪ Corn chips or corn tortillas. ▪ Brown or wild rice, whole grain pasta. ▪ Oatmeal, grits, bran or whole grain cereal. <p><i>All breads or cereal should have <u>no more than 1 gram of fiber per serving.</u> Read all food labels carefully.</i></p>
Fruits	<ul style="list-style-type: none"> ▪ Fruit juice (Unlimited) ▪ Limit solid fruit to no more than 1 cup per day. ▪ Choose from the following fruits. Make sure they have been peeled and are either canned or cooked until they are very tender: Apples (apple sauce), pears, peaches, apricots, cherries, and Mandarin oranges, and fruit cocktail made from the fruits previously listed. ▪ You may eat <u>very</u> ripe banana but they must be counted into your “solid fruit” restriction. 	<ul style="list-style-type: none"> ▪ <u>Any other fruit</u> ▪ Berries, melon, regular oranges, dried fruit, etc.
Vegetables	<ul style="list-style-type: none"> ▪ Vegetable Juice (Unlimited) ▪ Peeled white potato (Unlimited) ▪ Limit any other solid vegetable to no more than 1 cup per day. ▪ Chose from the following vegetables: Artichokes, asparagus tips, beets, broccoli tips, cabbage, carrots, cauliflower, eggplant, onions, peeled seeded tomatoes, turnips, green beans. ▪ Make sure they have been cooked until they are very tender. 	<ul style="list-style-type: none"> ▪ <u>Any Other Vegetables</u> ▪ Sweet potato, corn, peas, dried beans, lentils, lima beans, etc. <i>Avoid these if they have caused gas for you in the past.</i>
Meat, Fish, Poultry	<ul style="list-style-type: none"> ▪ Any tender cooked meat 	<ul style="list-style-type: none"> ▪ Tough or gristly meat
Fats	<ul style="list-style-type: none"> ▪ Margarine, oil, butter, cream cheese or sour cream, plain salad dressing, avocado. 	<ul style="list-style-type: none"> ▪ Nuts, seeds, coconut. Salad dressings made with nuts or seeds or fruit or vegetable pieces such as tarter sauce or poppy seed dressing.
Sweets	<ul style="list-style-type: none"> ▪ Any, as long as they are made with allowed ingredients like refined sugar, clear jelly, syrup and/or plain refined flour such as plain cookies or ice cream, gelatin, hard candy or plain chocolates. 	<ul style="list-style-type: none"> ▪ Sweets made with nuts, seeds, whole grains, or fruits that are not allowed such as: jam, fruit preserves. ▪ Candies or cookies containing nuts or coconut.

Miscellaneous	<ul style="list-style-type: none"> ▪ Finely ground spices used in moderation (<i>avoid foods which are really spicy</i>), vinegar, flavoring extracts like vanilla. ▪ Condiments made from allowed ingredients such as finely ground prepared mustard, catsup, steak sauce, plain gravy. ▪ Smooth peanut butter. 	<ul style="list-style-type: none"> ▪ Most salsa, popcorn, whole or coarsely ground spices.
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Low Residue (Low Fiber) Diet Guidelines

Objective of a Low Residue (low fiber) Diet:

Fiber restricted diets are indicated on a short term basis for the acute phases of diverticulitis, inflammatory bowel disease (ulcerative colitis, Crohn's disease), infection enterocolitis, before or after bowel surgery, during radium implantation, or for the treatment of diarrhea. This diet may be used for longer periods of time for those patients with narrowing of the intestine due to inflammatory processes or adhesions.

General Information:

Dietary fiber is the plant materials that are resistant to digestion by humans. It is a collective term that includes cellulose, hemicellulose, lignin, pectin, gums, and mucilages. Dietary fiber is found in fruits, vegetables, nuts, and grains. Although they are without fiber, tough stringy or gristly meats are also often restricted on a low residue diet. If lactose intolerance is suspected, milk products may also be limited.

Two types of fiber exist:

- Water Soluble Fiber
 - These fibers are found in fruits, nuts, gums, legumes, and oats. There is some evidence that these fibers may be beneficial in the treatment of diarrhea.
- Water Insoluble
 - Cellulose and hemicellulose, which are found in vegetables, wheat bran, and psyllium, are slowly fermentable and are able to hold large volumes of fiber. They can dramatically increase stool bulk.

Currently we restrict both of these fibers on a low residue diet.

Nutritional Adequacy:

This diet meets the RDA for all nutrients except for iron in women of childbearing age.