

Low Fiber Diet

Fiber is a component of complex carbohydrates that the body cannot digest, is found in plant based foods such as beans, lentils, fruits, vegetables, whole grains, etc

One of the major functions of fiber is to add bulk to stools and promote regular bowel movements

Often, a low fiber diet is then used to reduce stool bulk and output. The diet is used for various medical conditions, such as in ulcerative colitis, during the recovery period after intestinal surgery or to reduce risk of an intestinal obstruction if there is a stricture (narrowing) present in the intestinal tract.

A low fiber diet is usually about 10-15 grams of fiber per day

Although fiber is not found in meats, poultry, fish, eggs and dairy, it may help to promote overall tolerance to foods if you:

- Avoid tough and fibrous cuts of meats, poultry, etc. Eat cuts that are soft and tender.
- Avoid large amounts of dairy if dairy is found to be bothersome (examples- cheese sauces, cream sauces etc). Eat dairy then in small amounts and spread out dairy between all the meals.
- Avoid any meat, poultry, fish, eggs and dairy made with high fiber ingredients (dried fruits, nuts, seeds, etc)

Tips for a Low Fiber Diet:

- There is always more than one way to eat a specific food. It will help to peel, cook and/or blend your foods with fiber to optimize tolerance and enjoy variety in the diet.
- Eat small frequent meals throughout the day (4-6 meals/day). Aim to always include multiple food groups at each meal for a well balanced diet.

Foods

	Foods To Eat	Foods to Limit
Meat, Dairy Alternatives	milk alternatives (almond, coconut, rice, soy), creamy nut butters, tofu	beans, black eyed peas, lentils, nuts, crunchy nut butters, soybeans, split peas, soy/bean patties
Grains	made with refined wheat, made with <u>foods allowed</u> : bagels, biscuits, breads (french, italian, pita, white, sourdough), cereals (cream of wheat, cream of rice, oatmeal, cornflakes, Cheerios, Chex, Rice Krispies, etc), chips, crackers (graham, saltine, soda, etc), English muffins, flour tortillas, noodles, pancakes, pastas, pretzels, tapioca, waffles, white rice	made with <u>whole</u> wheat or made with foods to limit, barley, bran, breads (multi grain), bulgur, corn tortilla, high fiber cereals (Kashi, Fiber One, etc), granola, popcorn, quinoa, rice (brown, wild), rye
Fruits	applesauce, avocado, banana, canned fruits, lemon, lime, melons, <u>peeled</u> : apple, apricot, peach, pear, peach, plum, etc, fruit puree/sauces (any, no pulp, no skins)	dried fruits, fruit seeds/skins, berries, cherries, dates, figs, grapes, grapefruit, guava, kiwi, mango, papaya, persimmon, pineapple, pomegranate, prunes, orange
Vegetables	<u>cooked (no pulp, no skins)</u> : beets, carrots, green beans, potatoes, pumpkin, spinach, squash, wax beans, yams, zucchini, etc, vegetable/tomato puree/sauces (any, no pulp, no skins)	raw vegetables, vegetable seeds/skins, artichokes, asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, green peas, lettuce, mushrooms, okra, tomatoes
Beverages	decaf coffee, fruit and vegetable juices/smoothies (any, small amounts, no pulp or skins), sport drinks, tea	prune juice
Desserts	made with foods allowed	made with foods to limit
Seasonings, Condiments	broth, butter, cooking oils, all spices and herbs, gravy, honey, jam/jelly, ketchup, margarine, mayonnaise, mustard, pepper, salad dressings, sauces (BBQ, soy, etc), salt, vinegar	coconut, maple syrup, olives, pickles, sugar (large amounts), jam/jelly with seeds, all seeds (flax, sunflower, etc)

Sample 1 Day Menu:

Meal	Food Choices
Breakfast	1 scrambled egg 1 slice sourdough toast with 1 teaspoon margarine ½ cup cream of wheat ½ cup cranberry juice Tea or coffee
Snack	½ cup canned fruit cocktail (in juice) 1 cup low fat milk
Lunch	Tuna sandwich on white bread (3 TBSP tuna salad, two slices bread) 1 cup cream of chicken soup 6 saltine crackers Water Tea or coffee
Snack	½ cup cottage cheese 1 cup cut up cantaloupe cubes Water
Dinner	3 oz chicken breast 1 cup white rice ½ cup cooked carrots 1 TBSP margarine 1 soft, white dinner roll Tea or coffee

Approximate Nutrition Analysis:

Calories: 1,670 kcal
 Protein: 100 grams (24% of calories)
 Carbohydrate: 207 grams (50% of calories)
 Fat: 46 grams (25% of calories)
 Cholesterol: 358 mg
 Sodium: 3,230 mg
 Fiber: 10 grams