

Low Fiber Diet
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A low fiber diet is a modification of the normal diet with elimination of foods high in roughage such as vegetables and fruits. This type of diet is often prescribed to patients with acute diverticulitis, ulcerative colitis, Crohn's or presence, of jejunostomy, ileostomy, or colostomy. The goal of a low-fiber diet is to prevent obstruction of non-digestible food in patients with narrowed intestinal or esophageal lumens.

A balanced diet should include:

Breads & Cereals (4 or more servings)

Meat (2 or more servings)

Milk (2 glasses for adults, 4 glasses for teens, 3 or more glasses for children)

Vegetables & Fruits (4 or more servings)

FOOD CATEGORY	FOODS SUGGESTED	FOODS NOT SUGGESTED
Beverages	-Chocolate milk -Milk -Fruit juices -Soda -Tea -Eggnog	-Drinks made from fruits and vegetables that are not suggested
Breads/Crackers	-White bread -Biscuits -English muffins -Soda crackers -Cornbread -Bagels -Melba toast -Waffles -Pancakes -French/Vienna bread	-Coarse, whole grain breads or crackers such as graham, oatmeal, rye, and whole wheat. -Triscuits
Cereal	-Cream of wheat -Cream of rice -Well-cooked oatmeal -Dry cereals except those not suggested	-Bran cereal and flakes -Granola -Shredded wheat -Grapenuts -Grapenut flakes -Cracked wheat
Desserts/Sweets	-Cookies (except those on not suggested list) -Pudding -Cakes -Pies -Ice cream	-Fig bars -Granola bars -Oatmeal-raisin cookies -Any dessert made with nuts, coconut, or dried fruits -Chocolate nut bars

	<ul style="list-style-type: none"> -Sherbert -Water ice -Pastries -Doughnuts -Gelatin -Custard -Popsicles -Candy (butterscotch, jelly beans, marshmallows, hard candy) 	<ul style="list-style-type: none"> -Peanut brittle -Jam with seeds or skin -Peanut butter candy like Reese's Cups
Fats	-Any	-None
Fruit	<ul style="list-style-type: none"> -Canned fruit -Fresh banana -Fruit juices 	<ul style="list-style-type: none"> -Fresh, especially with skins and seeds such as berries, apples, grapes, pineapples -Dried fruits
Meats, Fish, Poultry, Eggs, and Cheese	-Any	-None
Potato or Substitutes	<ul style="list-style-type: none"> -Mashed -French fried -Tater tots -Rice -Macaroni -Spaghetti -Noodles -Chips 	-Skin of potatoes
Soup	-Any made from allowed foods	
Vegetables	<ul style="list-style-type: none"> -Lettuce -Cooked vegetables -Vegetable juices 	<ul style="list-style-type: none"> -Corn -Gas-producing vegetables such as cabbage, broccoli, turnips, brussel sprouts, onions, turnips, cauliflower, baked beans, rutabagas
Miscellaneous	<ul style="list-style-type: none"> -Salt -Spices -Ketchup -Mustard -Vinegar -Honey -Molasses -Cornstarch -Sugar -Yogurt without skin or seed 	<ul style="list-style-type: none"> -Popcorn -Smooth or crunchy peanut butter -Olives -Pickles -Nuts -Coconut -Corn chips