

Name:

Date:

Low Fiber Nutrition Therapy

What is a low fiber diet?

Fiber includes the parts of plant food the body can't digest or absorb. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

Low-fiber nutrition therapy reduces the frequency and volume of stools. This lessens irritation to the gastrointestinal (GI) tract and can help heal.

Conditions that require a low-fiber nutrition therapy:

- Crohn's disease
- Diverticulitis
- Ulcerative colitis
- Radiation therapy to the pelvis and lower bowel
- New colostomy/ileostomy
- Recent intestinal surgery

Foods Recommended

Milk and Milk Products

Milk or lactose-free milk
Yogurt, sherbet, Cheese

Meat and Other Protein Foods

Tender, well-cooked beef, pork, poultry, or fish
Eggs, cooked until yolk is solid

Grains

Refined white flour products—for example, enriched white bread without seeds, pancakes/waffles, and crackers made with refined white flour
White bread, pasta, cereal and rice

Vegetables

Canned and well-cooked vegetables without seeds, skins.
Potatoes

Fruits

Canned, soft, and well-cooked fruits without skins, seeds, or membranes
Fruit juice without pulp

Fats and Oils

Note: Limit fats to less than 8 teaspoons a day. When possible, choose healthy oils and fats, such as canola and olive oils.

Foods Not Recommended

Milk & Milk Products	Milk and foods made with milk, if you are lactose intolerant Yogurt with added fruit, nuts, or granola or chocolate mix-ins
Meat & Other Protein Sources	Tough meat, meat with gristle, or fatty meats Fried meat, poultry, or fish Luncheon meats such as bologna Sausage, bacon, or hot dogs Dried beans, peas, or lentils Sushi Nuts
Grains	Whole wheat bread Brown rice, quinoa, barley Whole wheat pasta Whole grain and high-fiber cereals, including oatmeal or whole oats Popcorn
Vegetables	Raw or undercooked vegetables Alfalfa or bean sprouts Cooked greens or spinach High-fiber vegetables such as peas and corn Gas-forming vegetables, including: Beets Okra Broccoli Onions Brussels sprouts Peppers Cabbage and sauerkraut Potato skins Lima beans Mushrooms
Fruits	Raw fruit, Fruit skin Berries, Dried fruit Fruit juice with pulp
Fats and Oils	Coconut Avocado