

FOOD GUIDE - LOW FIBER DIET^{1,3}

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages (0 gm fiber/serving) No limit of allowed foods	Decaffeinated coffee, tea, and other beverages ^{1,3}	Caffeinated beverages ^{1,3}
Milk Products (0 gm fiber/serving) No limit of allowed foods	Choose yogurt with live, active cultures, evaporated skim, and low-fat milk, soy milk, powdered milk, cheese, low-fat ice cream, sherbet	Milk is avoided only when lactose intolerance is present. ¹ Yogurt with berries, orange or lemon rind, or nuts. Whole milk, half and half, sour cream, regular ice cream
Breads and Starches, Pasta, Rice (0.5 gm fiber/ serving per allowed foods) No limit of allowed foods	All breads and crackers made from white flour or choose grain foods with less than 2 grams dietary fiber per serving ¹ Graham crackers Corn and flour tortillas Cornbread Pasta, noodles, white rice	Whole-wheat, rye, pumpernickel or bran breads, crackers, muffins Buckwheat pancakes Rye wafers Breads and crackers containing fruit, nuts, or seeds Brown rice; barley
Breakfast Cereals (0.5 gm fiber/serving) No limit of allowed foods	Farina, cream of rice, grits, Ready-to-eat cereals from corn, rice, or white flour or others providing < 2 g fiber per serving ¹	Wheatena, rolled wheat, and other whole-grain cooked cereals Ready-to-eat whole-grain, oat and bran cereals including bran flakes, granola, Grape-Nuts, oat bran, 100% bran, puffed wheat, shredded wheat, wheat bran, wheat flakes, wheat germ
Fruit Juices (0 gm fiber/serving per allowed foods) No limit of allowed foods	Fruit juice without pulp (except for prune juice).	Prune juice. Juice with pulp
Fruits (2.0 gm fiber/serving per allowed foods) Count in 3-6 servings of allowed fiber containing foods/day	Banana, applesauce Canned and well cooked fruits	All fresh fruits except banana
Vegetables and Vegetables Juices (2.0 gm fiber/ serving per allowed foods) Count in 3-6 servings of allowed fiber containing foods/day	Mushrooms (cooked) Tomato/vegetable juice Tomato sauce Canned and well cooked vegetables except those on the Foods to Exclude list	Raw or fried vegetables Broccoli Corn Mixed vegetables Skin of potato Brussel Sprouts Cabbage Cauliflower Succotash (also see legumes) Collard, mustard, and turnip greens
Meat, Fish, Poultry, Cheese, Eggs (0 gm fiber/serving) No limit of allowed foods	Tender, well-cooked meats, poultry, fish, eggs, and soy prepared without added fat. Smooth nut butter	Avoid fried meat including sausage and bacon. Luncheon meats, such as bologna or salami, hot dogs, tough or chewy cuts of meat, fried eggs, all dried beans, peas, and nuts, Chunky nut butters.

Cont. FOOD GUIDE- LOW-FIBER DIET

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Legumes None allowed	None	All legumes: chickpeas, lima beans, black-eyed peas, kidney beans, pinto beans, etc Peanut butter Baked beans Minestrone soup Bean, pea, and lentil soups, chili
Soup (2.0 gm fiber/ serving per allowed foods) Count in 3-6 servings of allowed fiber containing foods/day	Meat, rice, noodle soups Soups made from allowed vegetables	
Fats (0 gm fiber/serving) No limit of allowed foods	Oils, butter, cream, margarine, mayonnaise	Nuts, seeds
Sugar and Sweets (0 gm fiber/serving) No limit of allowed foods	Cranberry sauce, seedless, sherbet	Candy containing fruits, nuts, or coconut Jam, marmalade, relishes containing seeds, or skins
Miscellaneous (0 gm fiber/serving) No limit of allowed foods	Catsup, spices, herbs, seasonings	Pickles

SAMPLE MENU (less than 10 g fiber)

Breakfast	Noon	Evening
Orange juice	Chicken rice soup	Baked chicken with gravy
Grits	Roast beef sandwich on white bread	Whipped potatoes
Soft-Cooked egg	Mayonnaise	Green beans
White toast	Tomato juice	White dinner roll
Margarine	Orange sherbet	Margarine
Grape jelly	Decaffeinated Coffee and tea	Canned peaches
Milk	Sugar	Milk
Decaffeinated Coffee		Decaffeinated Tea
Sugar		Sugar