

If you have diet questions, please call our nurse line: (984) 974-5052, Mon-Fri, 8am-4pm.

| <i>LOW FIBER DIET</i> | | |
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| What I can Eat/Drink | | What to AVOID |
| Fruits | <ul style="list-style-type: none"> - Applesauce - canned or cooked fruit without skin or seeds (only peaches, pears, apricots, apples) - ripe bananas | <ul style="list-style-type: none"> - Canned pineapple, oranges, grapefruit sections, mixed fruit - Raw fruit (ripe bananas are ok) - ALL berries - ALL melons - avocado, coconut, tomato |
| Vegetables | <ul style="list-style-type: none"> - Tender, well-cooked, fresh, canned, and frozen vegetables, such as: peeled carrots, green beans, beets, spinach, broccoli, cauliflower - strained vegetable juice | <ul style="list-style-type: none"> - ALL raw vegetables, such as: lettuce, onion, celery, cucumber, mushrooms, scallions, avocado - Vegetables with seeds - Tough, fibrous cooked vegetables, such as: artichokes, asparagus, broad beans, cabbage, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas, sauerkraut, squash, tomatoes, zucchini |
| Meats or Proteins | <ul style="list-style-type: none"> - Cooked and tender meat and fish such as: poultry, beef, lamb, pork, veal, fish, organ meats - Cheese, eggs, tofu, tuna fish - Smooth peanut butter - Other smooth nut butters, such as: smooth almond butter, smooth cashew butter | <ul style="list-style-type: none"> - Non-tender meats; gristle - Ham, hot dogs, salami, cold cuts - Meat substitutes that have whole grains, nuts, or seeds - Beans, peas, or lentils - Crunchy peanut butter; Any crunchy-style nut butter |
| Dairy and Dairy Substitutes | <ul style="list-style-type: none"> - Cow's milk, cream, half & half - Ice cream - Yogurt - Cheese - Oat milk, soy milk, almond milk - Coconut milk, coconut cream | <ul style="list-style-type: none"> - Fruited yogurt - Any ice cream or cheese with nuts or seeds (Avoid all milk products if you are lactose-intolerant.) |
| Drinks | <ul style="list-style-type: none"> - Coffee, tea - Bottled water, tap water, carbonated beverages - Apple juice, strained juice, fruit punch (no pulp) - Kool-Aid or Hi-C (no red, blue or purple colors) - Italian ice, sports drinks, sodas (No red, blue or purple colors. Coke or Pepsi are ok.) - Nutritional supplements without added fiber, such as: Boost, Ensure (chocolate, strawberry or vanilla are okay) | <ul style="list-style-type: none"> - Any beverage that has pulp or seeds, such as: orange juice, grapefruit juice - Prune juice - Nutritional supplements that contain fiber |
| Grains, Potatoes, Rice, Starches | <ul style="list-style-type: none"> - Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, pastries, Graham crackers - Refined, cooked, or cold cereals such as: hominy grits, farina, cream of wheat or rice, Cheerios, Corn/Rice Chex cereal, Corn Flakes, Rice Krispies, Special K - White rice - Refined pasta - Potatoes without skin - Sweet potatoes without skin | <ul style="list-style-type: none"> - Whole- or multi-grain breads - Whole- or multi-grain cereals - Whole- or multi-grain pasta - Bran, corn bread, granola, oatmeal - Any bread, cereal, cracker, pasta made with seeds, nuts, coconut, raw fruit, or dried fruit - Barley, brown rice, wild rice - Sprouted wheat, wheat germ - Quinoa - Potato skins |