

## Low-Fiber Diet

A low-fiber diet contains less than 10–15 grams of fiber/day. The diet is usually not followed long term.

Type of Food	Allowed	Not Allowed
Crackers	<ul style="list-style-type: none"> <li>• Crackers made from white flour, such as:               <ul style="list-style-type: none"> <li>– Saltines</li> <li>– Club® crackers</li> <li>– Buttery crackers</li> <li>– Melba toast</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Crackers made from whole wheat or whole grains, such as:               <ul style="list-style-type: none"> <li>– Triscuit Crackers</li> </ul> </li> <li>• Graham crackers</li> </ul>
Bread products	<ul style="list-style-type: none"> <li>• Any bread product made from white flour (but no seeds, dried fruit, and nuts), such as:               <ul style="list-style-type: none"> <li>– Breads</li> <li>– Rolls</li> <li>– Biscuits</li> <li>– Pancakes</li> <li>– Waffles</li> <li>– Muffins</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Whole-wheat or whole-grain bread, rolls, biscuits, pancakes, waffles, or muffins</li> <li>• Bread products containing seeds, dried fruits, or nuts</li> <li>• Corn bread</li> <li>• Corn tortillas</li> <li>• Dark rye</li> <li>• Pumpernickel</li> <li>• Buckwheat</li> </ul>
Grains	<ul style="list-style-type: none"> <li>• White rice</li> </ul>	<ul style="list-style-type: none"> <li>• Brown rice</li> <li>• Wild rice</li> <li>• Barley</li> <li>• Bulgur</li> <li>• Quinoa</li> <li>• Whole-wheat couscous</li> </ul>

<p>Cereals</p>	<ul style="list-style-type: none"> <li>• Low-fiber cereals, such as: <ul style="list-style-type: none"> <li>– Puffed rice</li> <li>– Corn flakes</li> </ul> </li> <li>• Cream of Wheat<sup>®</sup> or Cream of Rice<sup>®</sup></li> <li>• Strained grits</li> <li>• Strained farina</li> </ul>	<ul style="list-style-type: none"> <li>• High-fiber cereals, such as: <ul style="list-style-type: none"> <li>– Bran flakes</li> <li>– Shredded wheat</li> </ul> </li> <li>• Any cereal containing dried fruit or nuts</li> </ul>
<p>Pasta</p>	<ul style="list-style-type: none"> <li>• Pasta made from white flour</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-grain pasta</li> </ul>
<p>Fruits</p>	<ul style="list-style-type: none"> <li>• Any canned or well-cooked fruit without skins, seeds, or membranes, such as: <ul style="list-style-type: none"> <li>– Mango</li> <li>– Papaya</li> <li>– Apricots (without skin)</li> <li>– Peaches</li> <li>– Pears</li> </ul> </li> <li>• Ripe banana</li> <li>• Ripe melon</li> <li>• Applesauce</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit with skin, seeds, or membranes, such as: <ul style="list-style-type: none"> <li>– Grapes</li> <li>– Cherries</li> <li>– Oranges</li> <li>– Kiwi</li> <li>– Berries</li> </ul> </li> <li>• Dates</li> <li>• Figs</li> <li>• Pineapple</li> <li>• Prunes</li> <li>• Any raw fruit other than bananas or melon</li> <li>• Any dried fruits</li> </ul>

<p>Vegetables</p>	<ul style="list-style-type: none"> <li>• Any canned or well-cooked vegetable without skins, seeds, or membranes, such as: <ul style="list-style-type: none"> <li>– Carrots</li> <li>– Green beans</li> <li>– Wax beans</li> <li>– Pumpkin</li> <li>– Acorn squash with seeds removed</li> <li>– Deseeded green peppers</li> <li>– Onion</li> <li>– Peeled zucchini</li> <li>– Beets</li> </ul> </li> <li>• Mashed potatoes</li> <li>• Skinless baked potatoes or sweet potatoes</li> <li>• Lettuce</li> <li>• Tomato puree or tomato sauce without seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Any raw vegetables</li> <li>• Any vegetable with skins, seeds, or membranes, such as: <ul style="list-style-type: none"> <li>– Tomatoes</li> <li>– Cucumbers</li> <li>– Artichoke</li> <li>– Celery</li> <li>– Eggplant</li> </ul> </li> <li>• Parsnips</li> <li>• Corn</li> <li>• Peas</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Cabbage</li> <li>• Sauerkraut</li> <li>• Brussels sprouts</li> <li>• Baked potatoes with skin</li> <li>• Winter squash</li> </ul>
<p>Fruit and vegetable juices</p>	<ul style="list-style-type: none"> <li>• Any juices without pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Any juices with pulp</li> <li>• Any juice or smoothie containing seeds, such as: <ul style="list-style-type: none"> <li>– Juices containing berries</li> </ul> </li> <li>• Prune juice</li> </ul>

<p>Protein</p>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Tofu</li> <li>• Smooth peanut butter</li> <li>• Any well-cooked and tender meat, poultry, or fish</li> </ul>	<ul style="list-style-type: none"> <li>• Crunchy peanut butter</li> <li>• Any meat, poultry, or fish with gristle</li> <li>• Any product containing skin, such as: <ul style="list-style-type: none"> <li>– Hot dogs</li> <li>– Sausages</li> </ul> </li> <li>• Shellfish with tough connective tissue</li> <li>• Dry beans</li> <li>• Legumes</li> <li>• Lentils</li> <li>• Burgers made from soy or beans</li> </ul>
<p>Dairy products</p>	<ul style="list-style-type: none"> <li>• Low-fat milk</li> <li>• Mild cheese</li> <li>• Cottage cheese</li> <li>• Smooth yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt containing pieces of fruit or seeds</li> </ul>
<p>Desserts and snacks</p>	<ul style="list-style-type: none"> <li>• Any prepared dessert or snack (no dried fruit, coconut, nuts, or seeds) made from enriched white flour</li> </ul>	<ul style="list-style-type: none"> <li>• Any dessert or snack containing dried fruit, coconut, nuts, or seeds, such as: <ul style="list-style-type: none"> <li>– Fig bars</li> <li>– Oatmeal raisin cookies</li> <li>– Poppy seed rolls</li> <li>– Nut rolls</li> <li>– Pecan pie</li> <li>– Peanut brittle</li> <li>– Etc</li> </ul> </li> <li>• Any dessert or snack made with whole-wheat flour</li> <li>• Popcorn</li> </ul>

<p>Condiments</p>	<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Butter</li> <li>• Oils</li> <li>• Mayonnaise</li> <li>• Soy sauce</li> <li>• Ketchup</li> <li>• Sugar</li> <li>• Honey</li> <li>• Jams without seeds or skins</li> <li>• Lemon juice</li> <li>• Gravies that are not heavily seasoned</li> <li>• Salad dressings that are not heavily seasoned</li> </ul>	<ul style="list-style-type: none"> <li>• Jams with seeds or skin, such as: <ul style="list-style-type: none"> <li>– Strawberry jam</li> <li>– Orange marmalade</li> </ul> </li> <li>• Pickles</li> <li>• Olives</li> <li>• Horseradish</li> <li>• Stone-ground mustard</li> </ul>
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You may also need to:

- Limit your intake of milk and milk-based foods to two servings/day
- Avoid gas-producing foods
- Avoid high-fat foods
- Notes: \_\_\_\_\_

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**References and recommended readings**

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Stanford Hospital and Clinics, Stanford University Medical Center. Low fiber diet for diverticulitis. Available at: <http://stanfordhospital.org/digestivehealth/nutrition/DH-Low-Fiber-Diet-for-Diverticulitis-handout.pdf>. Accessed March 6, 2013.

University of Virginia School of Medicine. Low residue/low fiber diet. Available at: [http://www.medicine.virginia.edu/clinical/departments/medicine/divisions/digestive-health/nutrition-support-team/patient-education/Low\\_fiber\\_Low\\_residue\\_diet\\_3.pdf](http://www.medicine.virginia.edu/clinical/departments/medicine/divisions/digestive-health/nutrition-support-team/patient-education/Low_fiber_Low_residue_diet_3.pdf). Accessed March 6, 2013.

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