

CENTER FOR DIGESTIVE DISEASES
PATIENT EDUCATION INFORMATION

LOW FIBER DIET

PURPOSE: The low fiber diet is often used during temporary disorders of the stomach, in severe diarrhea, during acute bouts with ulcerative colitis, diverticulitis, or Crohn's disease. The diet may also be used after bowel surgery or where there is a partial bowel obstruction. The diet eliminates fibrous, gas forming and irritating foods so that the problem area may have a chance to heal. We use a low fiber diet prior to bowel procedures to help "clean" the bowel of any residue foods. These foods are typically low in roughage, easily digested, and mildly flavored.

DIETARY GUIDELINES

- Avoid large meals that may create discomfort from gastric distention
- Recognize foods which are gas forming for our body
- Reduce total stool volume by using low fiber foods
- Respect intolerance to food components such as lactose or gluten that may be difficult for your body to digest
- Decrease air-swallowing habits since air contributes to the gas swallowed or generated in the stomach
- Choose enriched white or refined breads and cereals, Avoid large amounts of unprocessed bran
- Cook by baking, broiling, boiling, roasting, stewing, microwaving, or creaming. Avoid frying.

LOW FIBER DIET

FOOD GROUP	SERVINGS DAILY	ALLOWED	AVOID	
MILK, YOGURT, CHEESE	2-3 SERVINGS	SKIM NONFAT DRY BUTTERMILK MILKSHAKES CHOCOLATE COTTAGE CHEESE SOFT MILD CHEESES	LOW FAT WHOLE YOGURT	STRONG SHARP CHEESE LIMIT MILK IF LACTASE DEFICIENCY
MEAT, FISH, POULTRY BEANS, EGGS, NUTS	2-3 SERVING	BAKED BROILED BOILED ROASTED STEWED MICROWAVED CREAMED SMOOTH PEANUT BUTTE FINELY CHOPPED NUTS TOFU	BEEF LAMB PORK FISH TURKEY CHICKEN EGGS	TOUGH, STRINGY, HIGHLY SEASONED OR FRIED MEAT, FISH, POULTRY, HOT DOGS, COLD CUTS, SAUSAGES, HAM, CORNEB BEEF, CHUNKY PEANUT BUTTER, DRY BEANS AND PEAS, BAKED BEANS, FRIED EGGS
BREAD, CEREAL, RICE, PASTA	6-11 SERVINGS	ENRICHED BREAD-FINELY MILLED WHOLE WHEAT OR REFINED FLOUR, PLAIN ROLLS, MUFFINS, CRACKERS (SALTINES & GRAHAM), STRAINED OATMEAL, HOT BREADS, RICE, SPAGHETTI (NO SPICY SAUCE), PASTA		WHOLE GRAINS, HIGHLY SEASONED SNACK CRACKERS, ANY CONTAINING SEEDS, NUTS, DRIED FRUIT, ANY HIGHLY SEASONED PASTA
VEGETABLES	3-5 SERVINGS	TENDER COOKED SOFT VEG, MASHED, BOILED, BAKED OR CREAMED WHITE OR SWEET POTATO WITHOUT THE SKIN		RAW VEGETABLES, VEG. WITH SKIN. BRUSSEL SPROUTS, BROCCOLI, DRIED PEAS, ONIONS, PEPPERS, FRIED VEG., FRIED POTATOES
FRUITS	2-4 SERVINGS	COOKED OR CANNED FRUIT (WITHOUT SKIN), FRUIT JUICE		ALL RAW AND DRIED FRUIT
FATS & OILS	SPARINGLY	MARGARINE BUTTER OIL CREAM SOUR CREAM CREAM CHEESE CREAM GRAVY & SAUCES		SALAD DRESSINGS AVOCADO OTHER FATS
SWEETS & DESSERTS	SPARINGLY	SUGAR SYRUP HONEY JELLY SEEDLESS JAM MOLASSES HARD CANDY PLAIN CHOCOLATE MARSHMALLOWS	PUDDING ICE CREAM CAKES COOKIES PIES	MARMALADE ANY NUTS COCONUT FRUIT NOT ALLOWED FRIED PASTRIES