

Low Fiber Diet

Foods You Can Eat:	Foods You Should Not Eat:
Breads, Cereal, Rice and Pasta: <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissant, melba toast • Waffles, French toast, and pancakes • White rice, noodles, pasta, macaroni, peeled cooked potatoes • Plain crackers, saltines • Cooked cereals: farina, Cream of Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K 	Breads, Cereal, Rice and Pasta: <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads, cornbread • Potatoes with skin, brown or wild rice, kasha (buckwheat)
Vegetables: <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin 	Vegetables: <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
Fruit: <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons 	Fruit: <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates, raisins
Milk/Dairy: <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard and ice cream • Cheese and cottage cheese 	Milk/Dairy: <ul style="list-style-type: none"> • Yogurt with nuts or seeds
Meat, Poultry, Fish, Dry Beans and Eggs: <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts 	Meat, Poultry, Fish, Dry Beans and Eggs: <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas, lentils • Peanut butter with nuts
Fats, Snacks, Sweets, Condiments, and Beverages: <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, salad dressing • Plain gravies • Sugar, clear jelly, honey, syrup • Spices, cooked herbs, bouillon, broth, soups made with allowed vegetables • Coffee, tea, carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, popsicles • Hard candy or pretzels 	Fats, Snacks, Sweets, Condiments, and Beverages: <ul style="list-style-type: none"> • Nuts, seeds, coconut • Jam, marmalade, preserves • Pickles, olives, relish, horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn