

# Low Fiber Diet

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