






Low-Fiber Diet

Foods to eat and foods to avoid

Food Group	OK to Eat	Foods to Avoid
Vegetables 	Well-cooked summer or winter squash, pumpkin, beets, carrots Tomato sauce Vegetable juice with no pulp	Raw or deep-fried vegetables with skins Pickles, peas, corn, broccoli, cabbage, mushrooms, eggplant, onion, green onion, green or wax beans, seaweed
Fruits 	Ripe bananas, melon, avocado Peeled peaches, plums, pears, and papaya Applesauce, canned fruit (no pineapple) Fruit juices with no pulp Coconut water	Fruit skins Apples, pineapple, prunes, kiwi, berries, grapes Shredded coconut Dried fruits
Legumes, Nuts 	Creamy peanut butter Hummus	Dried legumes Nuts, chunky peanut butter
Meat, Fish, Poultry 	Tender beef, chicken, pork, lamb, fish Eggs	Fried, smoked, or pickled meat or fish
Soup 	Any made from only allowed ingredients	Any made with ingredients under "Foods to Avoid"

Food Group	OK to Eat	Foods to Avoid
<p>Bread, Cereal, Starches</p> 	<p>Enriched white, wheat, or rye breads or rolls Pancakes, biscuits, saltines, Melba toast, soda crackers Cooked cereals: Cream of Wheat, grits, Malt-O-Meal Regular pasta White rice White and sweet potatoes with no skins</p>	<p>Bread made with whole grain flour, bran, raisins, or seeds Cereals: Wheat flakes, bran flakes, oatmeal, shredded wheat, granola Whole-wheat pasta Brown or fried rice</p>
<p>Desserts, Sweets, Snacks</p> 	<p>Any made from only allowed ingredients</p>	<p>Any made with raisins, nuts, seeds, shredded coconut, berries, whole-grain flour Popcorn</p>
<p>Liquids</p> 	<p>All liquids except those listed in the "Foods to Avoid" column</p>	<p>Juices with pulp</p>

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Nutrition Clinic:
206.598.4151

UWMC Digestive Disease Center: 206.598.4377

Dietitian or Diet Technician:

If you have *strictures* (narrowing of part of your digestive system), you may need to avoid tough, fibrous cuts of meat such as steak, roasts, chops, sausage, and chewy bacon. Instead, choose ground meats and tender, finely chopped cuts of poultry, fish, and other meats.

Your doctor may also advise you to eat a low-fat diet. Foods that are high in fat may increase symptoms of diarrhea and gas.