

You may need to follow a low-fiber diet if you have one of these conditions:

- Diarrhea or upset bowels
- Surgery in your abdomen
- Radiation therapy to your abdomen
- Ulcerative colitis

What is a Low-Fiber Diet?

Fiber is part of foods such as these:

- Fruits
- Vegetables
- Beans and peas
- Grains

Your body cannot digest fiber. Eating foods with less fiber will lower the amount of undigested food going through your bowels. Your body will make less stool.

The chart on these pages shows you foods to eat and foods to avoid when you are on a low-fiber diet.

The Nutrition Facts labels on foods you buy at the store also show how much fiber is in a food. Choose foods with 0–1 gram of fiber per serving.

We offer free one-on-one appointments with registered dietitians to our patients. To make an appointment, call the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center.

801-587-4585

Food Type	Choose These Foods	Avoid These Foods
Breads and grains	Bread and toast, white Cornbread Crackers made with white flour, no seeds Egg noodles Flour, white French toast Graham crackers Melba toast Macaroni, spaghetti, and other noodles made from refined flours Pancakes and waffles made from white flour Potato chips, baked Rice, white Sweet rolls and quick breads made with refined grains or flours, plain	Barley Breads that have these ingredients: <ul style="list-style-type: none"> • Bran • Coconut • Nuts and seeds • Raisins and other dried fruits • Whole grain flour Corn chips Popcorn Potato chips, fried Quinoa Rice, brown or wild

continued on page 2

Food Type	Choose These Foods	Avoid These Foods
Cereals	Cheerios Chex, rice or corn Corn flakes Cornmeal Cream of rice Cream of wheat Farina Grits Malt-o-meal Oatmeal Puffed rice Rice Krispies Special K	Cereals that have bran, nuts, seeds, or dried fruit Whole grain cereals
Vegetables	Most well-cooked or canned vegetables, without skins or seeds, such as these: <ul style="list-style-type: none"> • Asparagus tips • Beets • Carrots • Chard • Green beans • Hominy • Mushrooms • Peas, canned • Potatoes • Pumpkin • Spinach • Squash • Sweet potatoes • Tomato juice • Tomato sauce • Wax beans 	Any raw vegetables Any unpeeled vegetable that has a skin Any vegetable not in the “Choose” list Any vegetable with seeds Avoid these, even if well-cooked: <ul style="list-style-type: none"> • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Corn • Onions • Peas, fresh or frozen • Potatoes, with skin or fried • Squash, with skin or seeds

continued on page 3

Food Type	Choose These Foods	Avoid These Foods
Fruits	<p>Avocados, cooked or uncooked Bananas, cooked or uncooked Canned or cooked fruits without membranes, skin, or seeds, such as these:</p> <ul style="list-style-type: none"> • Apples, peeled • Applesauce • Apricots, peeled • Cherries, Royal Anne • Grapefruit sections, membrane removed • Melons, ripe, without seeds • Orange sections, membrane removed • Peaches, peeled • Pears, peeled <p>Fruit juices (except apple and prune juice)</p>	<p>All dried fruits All raw fruits except banana and avocado Any fruit with seeds or skins Apple juice Coconut Pineapple, canned or fresh Prunes Prune juice</p>
Meat and other high-protein foods	<p>Lean and tender—boiled, baked, or broiled:</p> <ul style="list-style-type: none"> • Beef • Chicken • Fish • Lamb • Organ meats such as liver or tripe • Pork • Turkey • Veal <p>Bacon, broiled crisp, small amounts Deli and lunch meats, except those with seeds such as salami Eggs, well-cooked Canned tuna, salmon Cheese Cottage cheese Nut butters, smooth Salmon, canned Tofu Tuna, canned Yogurt, plain or flavored, without coconut, nuts, or seeds</p>	<p>Chunky nut butters Deep-fried meats, fish, and poultry Dried beans, peas, and lentils Seeds or nuts of any type Deli and lunch meats with seeds such as salami Yogurt with coconut, nuts, or seeds</p>
Soups	<p>Broth Bouillon Meat, vegetable, or creamed soups made from ingredients on the “Choose” list</p>	<p>Soups made from ingredients not on the “Choose” list Soups with lentils, beans, peas, or barley</p>

continued on page 4

Food Type	Choose These Foods	Avoid These Foods
Desserts	Desserts without nuts, seeds, coconut, dried fruit, or whole grains: <ul style="list-style-type: none"> • Cake • Cookies • Custard • Gelatin • Pudding • Ice cream • Sherbet • Fruit ice • Fruit whips, strained, no seeds or skins • Pie, with white flour or graham cracker crust 	Desserts with nuts, seeds, coconut, dried fruit, whole grains, or fruits not in the “Choose” list
Sweets	Caramel Chocolate without nuts, coconut, fruit, or seeds Hard candy Honey Jelly Marmalade Marshmallows Sugar Syrup	Candy with nuts, coconut, seeds, or fruits Jam Certain sweeteners such as sorbitol, mannitol, xylitol, isomalt, and hydrogenated starch hydrolysates
Beverages	Chocolate milk Cocoa Coffee Fruit juices (except apple and prune) Milk (whole, 2%, 1%, or skim) Postum and other coffee substitutes Soda and carbonated beverages Tea Vegetable juices Notes: <ul style="list-style-type: none"> • Too much caffeine and hot drinks may upset your stomach. Limit amounts of coffee, tea, and colas, whether caffeinated or not. • Milk products can cause diarrhea for people sensitive to lactose. Try lactose-free milk products. 	Apple juice More than two alcoholic drinks per day Prune juice

continued on page 5

Food Type	Choose These Foods	Avoid These Foods
Condiments and spices	Gravy Herbs and spices Ketchup Mustard Pepper, black or white Salt Vinegar, any type	Hot sauce Peppers, hot
Oils, fats, and salad dressings	Oil, all types Butter or margarine Mayonnaise Salad dressings without seeds or raw vegetables	Salad dressings with seeds or raw vegetables