

Low fiber Diet

Fiber is a healthy part of a normal diet. Foods high in fiber may be harder to digest. Sometimes a fiber-restricted diet may be needed for a short time to help with an illness.

Why do I need a restricted diet?

You may need a fiber-restricted diet to rest your intestines. This diet also helps to prevent blockage of a narrowed intestinal tract.

Points to Keep in Mind:

- Avoid any food made with raw vegetables, seeds, nuts and raw or dried fruit.
- **Follow this diet for a limited time only.** Talk to your health care provider about when to add fiber- and residue- containing foods back into your diet.

Food Group	Suggested foods	May cause distress
Drinks (caffeine-free preferred)	<ul style="list-style-type: none"> • Strained fruit drinks, carbonated drinks, coffee, tea, milk. 	<ul style="list-style-type: none"> • Any drinks with fruit or vegetable pulp.
Breads, cereals and starches 	<ul style="list-style-type: none"> • Refined breads, rolls, crackers, pancakes or waffles; plain pastries; flour tortillas. • Refined cooked cereals including grits and farina • Refined cereals like Rice Krispies® and corn flakes. • Cooked potatoes without skin, white rice, refined pasta, couscous. 	<ul style="list-style-type: none"> • Any breads made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruits; cornbread, graham crackers. • Oatmeal, any whole-grain, bran or granola cereal; any with seeds, nuts, coconut, or dried fruit. • Whole grain pasta, brown rice, potatoes with skin.
Milk and dairy products	<ul style="list-style-type: none"> • Milk, smooth yogurt, ice cream, cheese. 	<ul style="list-style-type: none"> • Yogurt with fruit, seeds or granola.
Fruits	<ul style="list-style-type: none"> • Most canned or cooked fruits, applesauce, fruit cocktail, banana. 	<ul style="list-style-type: none"> • Dried fruit including raisins; all berries, most raw fruit.
Vegetables	<ul style="list-style-type: none"> • Most well-cooked and canned vegetables without seeds; lettuce if tolerated, strained vegetable juice. 	<ul style="list-style-type: none"> • Sauerkraut; winter squash; peas, corn; most raw vegetables. • Vegetables with seeds like beans, cucumbers and zucchini.
Meats and meat substitutes	<ul style="list-style-type: none"> • Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, organ meats, eggs, tofu. 	<ul style="list-style-type: none"> • Any meat made with whole-grains, seeds, or nuts; dried beans, baked beans, peas, lentils, legumes, peanut butter.

Food Group	Suggested foods	May cause distress
Fats and desserts 	<ul style="list-style-type: none"> Margarine, butter, oil, smooth salad dressings, mayonnaise; bacon; plain gravies. Plain cakes and cookies; pie made with allowed fruits, plain sherbet, gelatin and custard; jelly, plain hard candy, marshmallows. 	<ul style="list-style-type: none"> Tartar sauce. Salad dressing with vegetable pieces. Any desserts made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit.
Miscellaneous	<ul style="list-style-type: none"> Salt, pepper, sugar, spices, herbs, vinegar, ketchup, mustard. 	<ul style="list-style-type: none"> Nuts, coconut, seeds, pickles, and popcorn.

Sample Menu for Fiber-Restricted Diet

Breakfast	Lunch	Dinner
Grape juice	Lean beef patty	Apple juice
Puffed rice cereal	Hamburger bun without seeds	Baked chicken strips
Canned pears	Mustard	White rice
White bread toast	Ketchup	Cooked carrots
Butter	Canned peaches	White dinner roll
Jelly	Vanilla wafers, 2	Butter
2% milk	2% milk	Sherbet, ½ cup
		2% milk

If you want a snack, choose something from the suggested food list.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.