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LOW FIBER DIET

A low fiber diet is for people who need to rest their intestinal tract. A low fiber diet limits the amount of food waste that has to move through the large intestine.

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> ● white bread, rolls, biscuits, croissant, melba toast ● waffles, French toast, and pancakes ● White rice, noodles, pasta, macaroni and peeled cooked potatoes ● plain crackers, Saltines ● cooked cereals: farina, Cream of Rice ● cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K 	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> ● breads or rolls with nuts, seeds or fruit ● whole wheat, pumpernickel, rye breads and cornbread ● potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> ● tender cooked and canned vegetables without seeds: carrots asparagus tips, green or wax beans, pumpkin, spinach and lima beans 	<p>Vegetables:</p> <ul style="list-style-type: none"> ● raw or steamed vegetables, lettuce, salad fixings ● vegetables with seeds ● sauerkraut ● winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
<p>Fruits:</p> <ul style="list-style-type: none"> ● strained fruit juice ● canned fruit, except pineapple ● ripe bananas ● melons 	<p>Fruits:</p> <ul style="list-style-type: none"> ● prunes and prune juice ● raw or dried fruit ● all berries, figs, dates and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> ● milk, plain or flavored ● yogurt, custard and ice cream ● cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> ● yogurt with nuts or seeds
<p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <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 	<p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <ul style="list-style-type: none"> ● tough, fibrous meats with gristle ● dry beans, peas, and lentils ● peanut butter with nuts
<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> ● margarine, butter, oils, mayonnaise, sour cream, and salad dressing ● plain gravies ● sugar, clear jelly, honey, and syrup ● spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables ● coffee, tea, and carbonated drinks ● plain cakes and cookies ● gelatin, plain puddings, custard, ice cream, sherbet, Popsicles ● hard candy or pretzels 	<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> ● nuts, seeds, and coconut ● jam, marmalade, and preserves ● pickles, olives, relish, and horseradish ● all desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran ● candy made with nuts or seeds ● popcorn