

## LOW FIBER DIET

**General Rule:** DO NOT eat anything with any of the following ingredients: nuts, seeds, raw fruits with seeds, raw vegetables, corn, beans (example: kidney, pinto, lima), whole grains, or popcorn.

### BELOW ARE THE ONLY ALLOWED FOODS

#### **BREADS ETC:**

- White breads, rolls, biscuits
- Waffles, French toast, pancakes
- White rice, white pasta, peeled cooked potatoes
- Saltines or white crackers without seeds
- Hot cereal: cream of rice, cream of wheat
- Cold cereal: Rice Krispies, Corn Flakes, Special K

#### **VEGETABLES AND FRUITS:**

- Cooked and canned vegetables –carrots, green beans, spinach
- Applesauce
- Apple or white grape juice
- Bananas
- Cantaloupe, honeydew melon

#### **MILK/DAIRY:**

- Milk: plain or flavored, coconut, almond, soy
- Yogurt, custard and ice cream
- Cheese and cottage cheese

#### **MEAT/PROTEIN:**

- Well cooked, lean meats, fish
- Eggs
- Creamy peanut/almond butter
- Tofu

#### **FATS, SWEETS, CONDIMENTS, BEVERAGES:**

- Margarine, butter, cooking oils, mayonnaise, salad dressing
- Plain gravies
- Sugar, clear jelly, honey and syrup
- Soups made with allowed vegetables, broth
- Coffee, tea, carbonated beverages
- Plain cake
- Gelatin, plain pudding, popsicles
- Hard candy, pretzels
- Plain chocolate