

# Low-Fiber Diet

Fiber is the part of plant foods (such as fruits, vegetables, grains, dried beans and peas, and nuts) that your body cannot digest. A diet that is low in fiber will reduce the amount of undigested food moving through your bowels, which means your body will make less waste (or stool). A low-fiber diet has less than 10 grams of fiber per day.

## Why Do I Need a Low-Fiber Diet?

You may need to follow a low-fiber diet if:

- You have diarrhea from treatments like chemotherapy, immunotherapy, or radiation.
- You are receiving radiation treatment to the lower bowel.
- You recently had bowel surgery.
- You are at higher risk for a bowel obstruction or a narrowing of the bowels.

Because a low-fiber diet limits what you can eat, it can be hard to meet your nutrition needs. Talk with your doctor or registered dietitian nutritionist (RDN) about how long you will need to follow this diet.

Nutrition Facts	
Serving Size 1 package (272g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 6g	24%
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## Low-Fiber Diet Tips

- Limit the amount of fiber you eat in a day to 10 grams. Stay away from foods that have 2 or more grams of fiber per serving.
- Eat vegetables that are well cooked. Choose fruits that have a soft texture, like melon and bananas.
- Avoid or remove thick skins and seeds from fruits and vegetables.
- When your doctor or RDN says you can introduce fiber back into your diet, it will be important to do it slowly.

## Reading Food Labels

When shopping, choose foods that have 0 to 1 gram of fiber per serving. Limit the fiber in your diet to 10 grams total per day. Be sure the amount you are eating is the serving size shown on the food label.



## Food Choices for a Low-Fiber Diet

Food group	Foods to choose	Foods to avoid (or limit)
<b>Grains</b>	<p>Grain foods with less than 2 grams of fiber per serving:</p> <ul style="list-style-type: none"> <li>■ Bread, bagels, rolls, crackers, and pasta made from white or refined flour (without seeds or nuts)</li> <li>■ White rice, well cooked</li> <li>■ White flour tortillas, corn tortillas</li> <li>■ Cold or hot cereals made from white or refined flour, such as corn flakes, puffed rice, cream of wheat, cream of rice, or refined grits (fine ground)</li> </ul>	<p>Grain foods with more than 2 grams of fiber per serving:</p> <ul style="list-style-type: none"> <li>■ Whole wheat or whole grain breads, bagels, and rolls</li> <li>■ Breads or cereals made with seeds, nuts, or dried fruits</li> <li>■ Brown or wild rice</li> <li>■ Barley, oats, and other whole grains, such as quinoa</li> <li>■ Whole wheat pasta</li> <li>■ Whole grain and high-fiber cereals, including oatmeal, bran flakes, and shredded wheat</li> <li>■ Popcorn</li> </ul>
<b>Protein foods</b>	<p>Well-cooked and tender meats, fish, poultry, and shellfish</p> <p>Lean luncheon meats</p> <p>Well-cooked eggs</p> <p>Smooth nut butters, such as peanut, almond, or sunflower butter</p> <p>Tofu</p>	<p>Tough, chewy meats</p> <p>Fried meat, poultry, or fish</p> <p>Luncheon meats, such as bologna or salami</p> <p>Sausage, bacon, or hot dogs</p> <p>Dried beans, peas, or lentils</p> <p>Hummus</p> <p>Nuts and seeds (coconut, chia seeds, flaxseeds)</p> <p>Crunchy nut butters</p>
<b>Dairy</b>	<p>Milk</p> <p>Lactose-free milk</p> <p>Buttermilk</p> <p>Powdered milk and evaporated milk</p> <p>Fortified non-dairy milks (soy, almond, cashew, coconut, or rice milk)</p> <p>Yogurt or lactose-free yogurt (without fruit, granola, or nuts)</p> <p>Kefir (most are 99% lactose-free)</p> <p>Cheeses like cheddar, Swiss, or Parmesan (low-fat, block, hard, and aged cheeses are usually lower in lactose)</p> <p>Cottage cheese or lactose-free cottage cheese</p> <p>Ice cream, lactose-free ice cream, or non-dairy ice cream</p> <p>Sherbet (it is usually low in lactose)</p>	<p>Yogurt with added fruit, nuts, or granola</p>
<b>Vegetables</b>	<p>Well-cooked and canned vegetables without skins, seeds, or hulls</p> <p>Potatoes without skins (white, red, yellow, or sweet potatoes)</p> <p>Strained vegetable juice</p>	<p>All raw vegetables</p> <p>All fried vegetables</p> <p>Cooked vegetables known to cause gas (beets, broccoli, brussels sprouts, cabbage, cauliflower, collard greens, mustard greens, turnip greens, corn, kale, lima beans, mushrooms, okra, onions, potato skins, and spinach)</p>



## Food Choices for a Low-Fiber Diet *(continued)*

Food group	Foods to choose	Foods to avoid (or limit)
<b>Fruits</b>	Ripe bananas Melons (cantaloupe, honeydew, or watermelon) Canned soft fruits in juice (peaches, pears, or applesauce) Well-cooked fruits without seeds, skins, or membranes Fruit juice without pulp (except for prune juice)	All fresh fruits, except fruits from the “Foods to choose” list All dried fruits (like raisins, prunes, or apricots) Canned fruit with mandarin oranges, papaya, or pineapple Canned fruit in heavy syrup Fruit juice with pulp Prune juice
<b>Oils, fats, and salad dressings</b>	Oils, butter, or margarine Mayonnaise Salad dressings without seeds	Salad dressings with seeds (example: coleslaw dressing with caraway seeds)
<b>Desserts and sweets</b>	Plain cakes, cookies, ice cream, sherbet, fruit ice, and candy Honey, seedless jam, jelly, marshmallows	Desserts and sweets with nuts or seeds, coconut, dried fruit, or whole grains Marmalade, jam, and preserves
<b>Other foods</b>	High-calorie, high-protein nutritional drinks with less than 2 grams of fiber Soups made from allowed ingredients Plain gravy Salt, pepper Ketchup	

## Sample Low-Fiber Menu

<b>Breakfast</b>	Rice cereal with milk Banana Coffee or tea
<b>Snack</b>	Cheese and saltine or soda crackers
<b>Lunch</b>	Turkey and cheese sandwich on white bread with mayonnaise Peach halves, canned Water or iced tea
<b>Snack</b>	Yogurt without fruit or nuts
<b>Dinner</b>	Grilled, skinless chicken Mashed potatoes (without skins) Green beans, cooked until tender Water or iced tea
<b>Snack</b>	Vanilla ice cream