Low-Fiber Diet

Your doctor asked you to follow a low-fiber diet. Below are examples of good low-fiber choices. You should look for foods with less than 3 grams of fiber per serving.

Breads and Grains

Foods Recommended for You	Foods You Should Avoid
Enriched flour is the first ingredient: • White bread, rolls, muffins, toast, crackers, pancakes and waffles	• Anything listing whole grain or graham flour as the first ingredient • 100% whole-wheat bread • Breads made with bran, cracked grain, dried fruit, nuts, coconut or seeds
• Cereals that are refined like puffed wheat or rice • Hot cereals from refined wheat, corn or rice	• Cereals that are bran or whole grain • Oatmeal, oat bran, granola • Cereals with dried fruit, nuts, seeds, coconut
• White rice and pasta, egg noodles, couscous	• Brown rice, wild rice, quinoa, buckwheat (kasha) barley

Fruits

Foods Recommended for You	Foods You Should Avoid
• Clementines (up to 2) • Peeled apricots, peaches, plums, nectarines	• Fresh fruit such as apples, bananas, berries, pears
• Fruit cocktail, applesauce, canned and cooked fruits	• Dried fruit
• Fruit juice without pulp	• Smoothies made from whole fruit

Vegetables

Foods Recommended for You	Foods You Should Avoid
• Up to 1/2-cup serving (maximum 1 – 1 ½ cups per day) of most cooked and raw vegetables: carrots, tomatoes, lettuce, spinach, kale, green beans	• More than ½ cup of any vegetable(s) • Vegetables with seeds, stems or skin • White potatoes, sweet potatoes, winter squash, pumpkin

Dairy

Foods Recommended for You	Foods You Should Avoid
• Always check the label for fiber content, but generally all dairy and non-dairy except those with fruit or nuts	• Ice cream, yogurt or smoothies with fruit, nuts or seeds that have more than 3 grams of fiber

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Protein

Foods Recommended for You	Foods You Should Avoid
• Meat, fish, poultry and eggs	• Any beans, peas, legumes
• Tofu	• Soy nuts, edamame, tempeh
• Smooth peanut or sunflower butter (up to 2 tablespoons)	• Chunky peanut butter • Tree nuts and nut butters (like almonds, cashews, walnuts, pecans)

Fats and Snacks

Foods Recommended for You	Foods You Should Avoid
• Butter, vegetable oil, mayonnaise, cream, gravy, avocados, olives	• Anything made with whole-grain or bran flour
• Chocolate, cake, cookies, saltine crackers, pretzels, pudding	• Anything with nuts, dried fruit, seeds, coconut

Drinking Water or Other Fluids

You may need to drink more fluids under a low-fiber diet to prevent constipation. Please drink plenty of water or other fluids unless your doctor has given you other instructions.