

Prepared For:		Date:	
Prepared By:		Contact:	

Low-Fiber Nutrition Therapy

Low-fiber nutrition therapy reduces the frequency and volume of stools. This lessens irritation to the gastrointestinal (GI) tract and can help it heal. Use this diet if there is a stricture in the intestine to avoid formation of blockages.

Conditions that may require a low-fiber nutrition therapy:

- Crohn’s disease
- Diverticulitis
- Ulcerative colitis
- Radiation therapy to the pelvis and lower bowel
- New colostomy/ileostomy
- Recent intestinal surgery

Tips

- If you are lactose intolerant, you may need to consume low-lactose dairy products or avoid dairy foods completely.
- Take supplements if they are recommended by your doctor or registered dietitian (RD). Use chewable or liquid supplements for better absorption. These are necessary if you have a stricture.

Foods Recommended

Food Group	Foods Recommended
Milk and Milk Products	Milk or lactose-free milk Buttermilk and kefir Yogurt, lactose-free yogurt, or soy yogurt without nuts, fruit, or granola or chocolate mix-ins Mild cheese Cottage cheese or lactose-free cottage cheese Soy milk, rice milk, or almond milk (these are lactose free) Sherbet

Meat and Other Protein Foods	Tender, well-cooked beef, pork, poultry, or fish Eggs, cooked until yolk is solid Smooth nut butters (such as peanut, soy, almond, or sunflower) Tofu
Grains	Note: Choose grain foods with less than 2 grams (g) of dietary fiber per serving. Refined white flour products—for example, enriched white bread without seeds; pancakes/waffles; and crackers made with refined white flour Cream of wheat Grits (fine ground) White bread, pasta, and rice Cold and hot cereals made from white or refined flour
Vegetables	Canned and well-cooked vegetables without seeds, skins, or hulls Mashed potatoes Vegetable juice
Fruits	Canned, soft, and well-cooked fruits without skins, seeds, or membranes Fruit juice without pulp
Fats and Oils	Note: Limit fats to less than 8 teaspoons a day. When possible, choose healthy oils and fats, such as canola and olive oils. Butter Oils Cream Cream cheese Margarine Mayonnaise
Other	Broth and strained soups made from allowed foods Desserts (small portions) without whole grains, seeds, nuts, raisins, or coconut

Foods Not Recommended

Food Group	Foods Not Recommended
Milk and Milk Products	Milk and foods made with milk, if you are lactose intolerant Yogurt with added fruit, nuts, or granola or chocolate mix-ins

Meat and Other Protein Sources	<p>Tough meat, meat with gristle, or fatty meats</p> <p>Fried meat, poultry, or fish</p> <p>Luncheon meats such as bologna and salami</p> <p>Sausage, bacon, or hot dogs</p> <p>Dried beans, peas, or lentils</p> <p>Sushi</p> <p>Nuts</p> <p>Chunky nut butters</p>
Grains	<p>Whole wheat bread</p> <p>Brown rice, quinoa, kasha, barley</p> <p>Whole wheat pasta</p> <p>Whole grain and high-fiber cereals, including oatmeal or whole oats</p> <p>Popcorn</p>
Vegetables	<p>Raw or undercooked vegetables</p> <p>Alfalfa or bean sprouts</p> <p>High-fiber vegetables such as peas and corn</p> <p>Gas-forming vegetables, including:</p> <ul style="list-style-type: none"> • Beets • Broccoli • Brussels sprouts • Cabbage and sauerkraut • Lima beans • Mushrooms • Okra • Onions • Parsnips • Peppers • Potato skins
Fruits	<p>Raw fruit</p> <p>Berries</p> <p>Dried fruit</p> <p>Fruit juice with pulp</p> <p>Prune juice</p> <p>Fruit skin</p>
Fats and Oils	<p>Coconut</p> <p>Avocado</p>

Low-Fiber Sample 1-Day Menu

Breakfast	1 egg, scrambled 1 slice white toast 1 teaspoon margarine 1/2 cup cream of wheat or fine-ground grits
Morning Snack	6 saltine crackers 1 cup lactose-free milk
Lunch	3 tablespoons tuna salad 2 tablespoons mayonnaise 2 slices bread 1 cup chicken noodle soup 6 saltine crackers 1/2 cup apple juice
Afternoon Snack	1/2 cup canned peaches 1/2 cup cottage cheese, lactose-free
Dinner	1 cup chicken breast 1 cup white rice 1/2 cup cooked canned green beans 1 soft, white dinner roll 1/2 cup peach mango juice

Notes