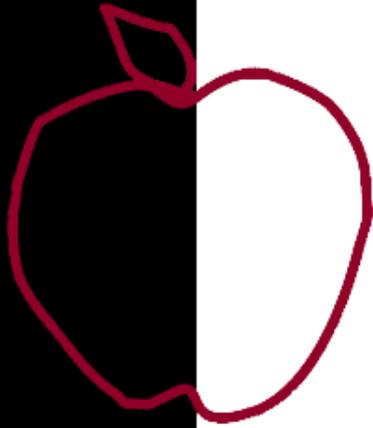


LOW FIBER DIET PLAN



For some health conditions, it is helpful to decrease the activity in the intestines. Eating less fiber allows the intestines to rest.

Fiber is present in plant foods such as grains, vegetables, fruits, seeds, nuts and beans. Animal foods such as milk, eggs, cheese and meat do not contain fiber.

FOOD GUIDE FOR A LOW FIBER DIET

To eat a balanced diet while following your low fiber diet, select foods from each of these food groups:

MILK, CHEESE, YOGURT

Drink/eat 2 servings daily. If milk bothers you, select yogurt or low-fat cheese.

MEAT, FISH, POULTRY, EGGS

Eat two 3 ounce servings daily.



BREADS, CEREALS, GRAINS

THESE FOODS ARE LOW IN FIBER.
EAT 6 OR MORE SERVINGS DAILY.

- Breads, rolls, bagels, or muffins made from white flour and without nuts or seeds
- Pancakes (except buckwheat)
- Graham crackers
- Saltines
- Tortillas
- Cornbread, if made of fine cornmeal
- Pasta
- Hot cereals: quick-cooking farina, cream of wheat, grits, oatmeal
- Ready-to-eat cereals made from corn, rice, or white flour
- Broth and noodle or rice type soups: chicken noodle or chicken and rice

DO NOT EAT THESE FOODS WHICH ARE HIGH IN FIBER.

- Breads and muffins made from whole wheat, bran, rye, pumpernickel, oat bran, nut or fruit
- Crackers made from whole wheat, rye
- Ready-to-eat cereals: granola, whole wheat, oat, or bran type cereal
- Hot cereals: wheatena, rolled wheat and other whole grain cereals
- Brown rice, barley
- Popcorn

FRUITS & VEGETABLES

THESE FOODS ARE LOW IN FIBER.
EAT 5 – 6 SERVINGS DAILY.

- Peeled fruit
- Cooked vegetables (except those under “Do Not Eat”)
- Fruit or vegetables juices
- Mushrooms
- Vegetable soups (except those containing vegetables listed at right)

DO NOT EAT THESE FRUITS AND VEGETABLES WHICH ARE HIGH IN FIBER.

- Fresh oranges (unless pith removed)
- Berries (strawberries, blueberries)
- Dried fruit
- Raw vegetables
- Broccoli (raw or cooked)
- Corn, succotash
- Peas (green or black-eyed)
- Mixed vegetables
- Skin of potato
- Beans (except green and wax)
- Soups: bean, pea, lentil or minestrone