

## Low-Fiber Medical Nutrition Therapy

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Low-Fiber medical nutrition therapy reduces the frequency and volume of stools. This lessens irritation to the gastrointestinal (GI) tract and can help it heal. Low-Fiber medical nutrition therapy may be used in treatments for Crohn's disease, diverticulitis, ulcerative colitis, radiation therapy to the pelvis and lower bowel, new colostomy or ileostomy placement, and recent intestinal surgery.

### Tips

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- Raw fruits and vegetables, nuts, seeds, and whole grains should all be avoided
- Limit dairy products to 2 cups per day. If you are lactose intolerant, consume only low-lactose dairy products or avoid dairy foods completely.
- Remove skins from fruits and vegetables before cooking
- Avoid heavy seasonings, spicy foods, and fried foods
- It is recommended that you follow a Low-Fiber diet for one month following surgery. After one month, reintroduce fibrous foods back into your diet, one at a time and GRADUALLY.

**Note:** If a particular food makes you feel unwell, stop eating it and try it again 2 to 3 weeks later. Finding foods that are best for you may require some trial and error.

### Recommended Foods

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Food Group	Foods Recommended	Foods Not Recommended
<b>Milk</b>	Buttermilk and kefir Cottage cheese Milk or lactose-free milk Mild cheese Sherbet Soy milk, rice milk, or almond milk Yogurt or soy yogurt	Yogurt with added fruit If you do not feel well after drinking milk or eating dairy foods, try lactose-free products.
<b>Meat and other protein foods</b>	Eggs Smooth nut butter (such as peanut, soy, almond, or sunflower) Tender, well-cooked beef, pork, poultry, or fish Tofu	Dried beans Tough meat or meat with gristle

<b>Grains</b>	Bread, bagels, rolls, crackers, pasta, and cereal made with white or refined flour Cream of wheat Grits (fine ground) White rice	Brown rice, whole wheat bread, whole grain and high fiber cereals (>2gm fiber per serving), whole wheat pasta
<b>Vegetables</b>	Lettuce Mashed potatoes Strained vegetable juice Well-cooked and canned vegetables without seeds or skins	Cooked greens or spinach High fiber vegetables such as peas and corn Raw vegetables
<b>Fruits</b>	Avocado Canned fruits (except pineapple) Orange or grapefruit without membrane Peeled or cooked apple/pear Pulp-free fruit juices (except prune juice) Ripe banana Soft melons (watermelon, honeydew)	Dried fruit Fruit juice with pulp Fruit skin
<b>Fats</b>	Any. When possible, choose healthy oils and fats such as canola and olive oils.	
<b>Beverages</b>	Decaffeinated coffee or tea Noncarbonated beverages Rehydration beverages (i.e. coconut water, Gatorade®, Pedialyte®) Water	Caffeinated beverages Carbonated beverages Juice with pulp

## Sample 1-Day Menu

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<b>Breakfast</b>	1 egg scrambled 1 slice white toast with 1 teaspoon margarine ½ cup cooked fine-ground grits or cream of wheat ½ cup cranberry juice, 1 cup tea or decaf coffee
<b>Lunch</b>	Tuna sandwich: 3 tablespoons tuna salad, two slices of white bread 1 cup cream of chicken soup 6 saltine crackers 1 cup (8 oz) water, 1 cup (8 oz) herbal tea
<b>Snack</b>	8 oz yogurt without fruit or nuts 1 ripe banana 8 oz coconut water
<b>Dinner</b>	8oz chicken breast 1 cup white rice ½ cup cooked canned carrots 1 soft, white dinner roll with 1 tablespoon margarine 2 cups decaf iced tea
<b>Snack</b>	1 cup sherbet 1 cup (8oz) milk, or lactose-free milk