



# CORNERSTONE MEDICAL CLINIC

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## Low Fiber Diet

This diet includes foods that will decrease (not eliminate) the residue in the colon. Foods with a small amount of fiber such as canned or cooked fruits and vegetables without seeds or tough skin are allowed.

<b><u>FOOD GROUP</u></b>	<b><u>FOODS ALLOWED</u></b>	<b><u>FOODS TO AVOID</u></b>
<b><u>Beverages:</u></b>	Milk and & milk drinks, no more than 2 cups daily including that used in cooking	None
<b><u>Breads &amp; Cereals:</u></b>	Enriched white bread, soda crackers, melba toast, whole wheat without seeds. Enriched, cooked, refined cereals such as farina, cream of wheat, cornmeal. Dry cereals such as puffed rice, cornflakes.	Any bread, cereal or cracker with bran, barley and/or seeds
<b><u>Desserts:</u></b>	Simple candies, cakes, cookies, gelatins, ice cream, pudding and sherbets all within milk allowance of 2 cups daily.	All products containing seeds, nuts coconut, tough skins.
<b><u>Eggs:</u></b>	All cooked eggs	Raw eggs, fried eggs
<b><u>Fats:</u></b>	Butter margarine, vegetable oils, mayonnaise, cream (limited to 1/2 cup daily), crisp bacon.	None
<b><u>Fruits &amp; Juices:</u></b>	All fruit juices, avocado, ripe banana, apricots, applesauce, Royal Ann cherries, peaches, pears all without skins, citrus without membranes.	Prune juice may need to be limited. Any fruits with seeds, skins or membranes.

**FOOD GROUP****FOODS ALLOWED****FOODS TO AVOID****Meats, Fish,****Poultry & Cheese:**

Very tender lean beef, lamb, veal, liver, fowl, fish all baked, boiled or broiled served without rich gravies or sauces.

One serving Cottage cheese or mild American cheese

Creamy peanut butter

Fat pork, ham luncheon meats,

frankfurters. corned beef, fried meats.

Smoked, highly seasoned, highly salted fish or meat.

Meat or shell fish with tough connective tissue.

Any other cheeses.

Crunchy peanut butter

**Potatoes or****Substitutes:**

Potatoes without skins, hominy, macaroni, noodles, polished rice, spaghetti.

Skin of potatoes, fibrous sweet potatoes, brown and wild rice.

**Soups:**

Cream soups (made from milk allowance)

Broth soups made from foods allowed.

Soups with strong spices corn, celery, barley, onions.

**Sugars & Sweets:**

Simple candies, honey, jelly, molasses, sugar and syrup all in moderation.

Candy made with coconut, fruit, nuts.

Jams and marmalade.

**Vegetables:**

Canned or cooked asparagus tips, beets, carrots, young green beans, young peas, chopped spinach, squash, pureed cream style corn, tomato juice, tomato puree.

Strong flavored or fibrous vegetables such as onions, parsnips, turnips, cabbage, broccoli, brussel sprouts, sauerkraut, whole kernel corn.

Raw vegetables.

**Miscellaneous:**

Salt, flavorings, white sauce (with milk allowance), vinegar, lemon juice, herbs, onion powder.

Pepper, garlic, seed spices. pickles.

**Note:** A very strict low residue diet (minimum residue) may eliminate milk and allow no fruits, vegetables or potatoes except in the form of strained juices. Such a diet would not meet the recommended allowances for nutrients as established by the National Research Council. If such a diet is used for an extended time, your doctor could recommend a vitamin and mineral supplement.