

# Fiber-restricted Diet

## Fiber-restricted Diet

Your health care provider has ordered you eat a fiber-restricted diet. Fiber is the part of fruits, vegetables and grains that your body can't digest. A fiber-restricted diet has less than 13 grams of fiber each day. Eating foods low in fiber will allow your bowel to rest and heal.

Reasons you may need to eat a fiber-restricted diet include if you:

- have:
  - Crohn's disease
  - ulcerative colitis
  - irritable bowel syndrome (IBS)
  - diverticulitis
- take medicines such as:
  - prednisone, which you may be taking for a symptom caused by one of the problems (conditions) above
  - medicines for bowel problems
- are recovering from bowel surgery
- have a narrowing of the bowel
- are having a treatment that causes harm to your digestive system such as radiation.

Follow your health care provider's instructions for how long you should eat a fiber-restricted diet. As you heal, you will slowly add fiber back into your eating plan.

## Tips for Eating a Fiber-restricted Diet

Use the following tips to help you eat a fiber-restricted diet.

- Eat small meals every 3 to 4 hours.
- Eat foods with protein at every meal.

## Important

A fiber-restricted diet limits the variety of foods you are able to eat. It's important to give your body the nutrients it needs to be well as it heals. While following this diet, make sure you:

- eat enough protein
- take a chewable multivitamin with minerals.

If you are not able to get enough calcium and vitamin D through the foods you eat, you may also need to take a supplement.

- Avoid hard-to-digest foods such as:
  - whole-grain bread, cereal and pasta
  - rice, oats, barley and quinoa
  - raw fruits and vegetables, dried fruits
  - nuts and seeds
  - coconut
  - popcorn.
- Drink plenty of liquids. (Water is best.) Without as much fiber in your digestive system, your bowel movements will slow. Drinking enough water will help to move things along!
- Avoid spicy foods, and high-fat or fried, greasy foods.
- Limit foods and beverages that contain:
  - caffeine (soda, coffee, energy drinks)
  - sugar (natural or added)
  - high-fructose corn syrup

**(over)**

- artificial sweeteners (aspartame, sucralose, sorbitol).

Your health care provider may also want you to avoid foods made from dairy milk.

- Read food labels! Many foods you wouldn't expect contain "hidden" sugars or fiber. Look for the fiber and sugar content on the food label under total carbohydrates.

- Cook your foods well, especially those with fiber. For example if you're cooking carrots, make sure to steam (microwave or stovetop) until tender. Other cooking methods to use include:

- simmering
- poaching
- stewing
- braising
- roasting
- baking.

Food Group	Foods to Eat	Foods to Avoid
<b>Vegetables</b>	well-cooked vegetables without seeds or skins, potatoes without skin (russet, red), strained vegetable juice	all raw vegetables, fried vegetables, cooked beets, cruciferous vegetables (broccoli; Brussels sprouts; cabbage; cauliflower; collard, mustard and turnip greens; kale), spinach, corn, dried beans, lima beans, mushrooms, okra, onions, potato skins
<b>Fruits</b>	fruit juice, ripe banana, ripe melons (cantaloupe, honeydew, watermelon), apple without the peel, canned soft fruits in juice	all dried fruits (raisins, prunes, cranberries), fruit juice with pulp, prune juice, canned fruit in heavy syrup, fruits sweetened with sugar alcohols (sorbitol)
<b>Proteins</b>	tender, well-cooked lean meats made without added fat; steamed lean luncheon meats, well-cooked eggs, smooth nut butters (almond, peanut)	fried meats, fatty meats, fatty luncheon meats (bologna, salami, sausage, bacon, hot dogs), dried beans and peas, hummus, nuts and seeds (sunflower, coconut, chia seeds, flaxseeds), crunchy nut butters (almond, peanut)
<b>Dairy</b>	buttermilk; fat-free, 1%, or 2% milk; lactose-free milk, yogurt or cottage cheese; powdered milk; evaporated milk; fortified non-dairy milks (almond, cashew, coconut, rice); fortified pea or soy milk; yogurt with live active cultures (no fruit, granola or nuts); kefir; low-fat block hard cheeses (Swiss, cheddar)	whole milk; half-and-half; cream; sour cream; ice cream; yogurt with fruit, granola or nuts
<b>Grains</b>	grains with less than 2 grams of fiber per serving, white flour, cold cereals (corn flakes, puffed rice), refined hot cereals	whole-grain breads, rolls, crackers, or pasta (no nuts or seeds); brown or wild rice; barley; oats; quinoa; whole-grain or bran cereals with added nuts or seeds; popcorn
<b>Fats and oils</b>	oils (olive, avocado) Limit to less than 8 teaspoons a day.	solid fats (butter, bacon grease, lard)