

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. 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 dietician (RD).

FOOD GROUP	RECOMMENDED FOODS
Milk and Milk Foods	<ul style="list-style-type: none"> • Milk • Buttermilk and kefir • Lactose-free milk • Yogurt or soy yogurt • Mild cheese • Cottage cheese • Soy milk, rice milk or almond milk • Sherbet
Meat and Other Protein Foods	<ul style="list-style-type: none"> • Tender, well-cooked beef, pork, poultry or fish • Eggs • Smooth nut butters (such as peanut, soy, almond, or sunflower) • Tofu
Grains	<ul style="list-style-type: none"> • Refined white flour products • Cream of wheat • Grits (fine-ground) • White bread, pasta and rice • Cold and hot cereals made from white or refined flour
Vegetables	<ul style="list-style-type: none"> • Canned and well-cooked vegetables • Mashed potatoes • Vegetables without skins or seeds • Vegetable juice
Fruits	<ul style="list-style-type: none"> • Canned, soft, and well-cooked fruits • Fruit juice without pulp
Fats/Oils	<ul style="list-style-type: none"> • Oils, butter, cream, cream cheese, margarine, mayonnaise. When possible, choose healthy oils and fats, such as canola and olive oils.
Other	<ul style="list-style-type: none"> • Broth and strained soups made from allowed foods.

FOOD GROUP	FOODS NOT RECOMMENDED
Milk and Milk Foods	<ul style="list-style-type: none"> • Avoid milk and foods made with milk <i>if you are lactose intolerant</i> • Yogurt with added fruit
Meat and Other Protein Foods	<ul style="list-style-type: none"> • Tough meat or meat with gristle • Dried beans
Grains	<ul style="list-style-type: none"> • Whole wheat bread • Whole wheat pasta • Brown rice • Whole grain and high fiber cereals
Vegetables	<ul style="list-style-type: none"> • Raw vegetables • High fiber vegetables such as peas and corn • Cooked greens or spinach
Fruits	<ul style="list-style-type: none"> • Dried fruit • Fruit skin • Fruit juice with pulp
Fats/Oils	<ul style="list-style-type: none"> • When possible, choose healthy oils and fats, such as canola and olive oils.

Sample 1-Day Menu

FOOD GROUP	RECOMMENDED FOODS
Breakfast	<ul style="list-style-type: none"> • 1 egg, scrambled • 1/2 cup fine-ground grits or cream of wheat • 1 slice white toast with 1 tsp. margarine • 1/2 cup cranberry juice
Snack	<ul style="list-style-type: none"> • 1/2 cup canned peaches • 1 cup milk
Lunch	<ul style="list-style-type: none"> • Tuna sandwich: 3 Tbsp. tuna salad, 2 slices bread • 6 saltine crackers • 1 cup cream of chicken soup • Water
Snack	<ul style="list-style-type: none"> • 1/2 cup chicken breast • 1 ripe banana • Water
Evening Meal	<ul style="list-style-type: none"> • 1 cup chicken breast • 1/2 cup cooked carrots • 1 cup white rice • 1 Tbsp. margarine • 1 soft white dinner roll