

Low-Fiber Diet

Fiber is the part of plant foods (such as fruits, vegetables, legumes, and grains) that your body cannot digest. A low-fiber diet (less than 10 grams of fiber per day) will reduce the amount of undigested food moving through your bowels, which means your body will make less stool.

Why Do I Need a Low-Fiber Diet?

You may need to follow a low-fiber diet if:

- You have diarrhea or upset bowels.
- Your abdomen is sore.
- You have ulcerative colitis.
- You are receiving radiation therapy to the abdomen.

Talk to your registered dietitian (RD) if you have any questions about following a low-fiber diet.

Food Choices

The following chart suggests which foods to eat and which foods to avoid when you are on a low-fiber diet. Also, you can check the Nutrition Facts on food labels to find low-fiber foods (choose foods with 0 to 1 gram of fiber per serving).

Recommended and Not Recommended Foods for a Low-Fiber Diet

Food Group	Recommended Foods	Foods to Avoid
Grain foods	<ul style="list-style-type: none"> • White bread • White flour • Pasta made from refined flours • White rice • Other plain foods made with refined grains or flours 	<ul style="list-style-type: none"> • Whole grain breads, flours, and cereals • Brown rice • Breads and cereals with seeds, nuts, or dried fruits • Popcorn
Vegetables	<ul style="list-style-type: none"> • Most well-cooked and canned vegetables without skins or seeds 	<ul style="list-style-type: none"> • Raw vegetables • Broccoli • Brussels sprouts • Cabbage • Cauliflower • Corn • Onions • Peas • Potatoes with skin and other unpeeled vegetables • Squash • Pickles
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruits without skin • Ripe bananas • Ripe melons without seeds • Fruit juices (except prune juice) 	<ul style="list-style-type: none"> • Raw fruit • Dried fruit • Prune juice • Canned or fresh pineapple • Coconut
Meats and other high-protein foods	<ul style="list-style-type: none"> • Well-cooked and tender meats, fish, and shellfish • Well-cooked eggs • Smooth nut butters 	<ul style="list-style-type: none"> • Tough meats • Dried beans and peas • Seeds or nuts • Sausage with seeds (like salami)

Continues

Recommended and Not Recommended Foods for a Low-Fiber Diet (continued)

Food Group	Recommended Foods	Foods to Avoid
Oils, fats, and salad dressings	<ul style="list-style-type: none"> • Oil • Butter or margarine • Mayonnaise • Salad dressings without seeds 	<ul style="list-style-type: none"> • Salad dressings with seeds
Desserts and sweets	<ul style="list-style-type: none"> • Plain cakes, cookies, ice cream, sherbet, fruit ice, and candy 	<ul style="list-style-type: none"> • Desserts and sweets containing nuts or seeds, coconut, dried fruit, or whole grains • Marmalade, jam, and preserves
Other foods	<ul style="list-style-type: none"> • Strained soups • Plain gravy • Salt and pepper • Herbs • Ketchup 	