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Ready to start planning your care? Call us at 800-525-2225 to make an appointment. Time to Read: About 21 minutes This information explains what a low-fiber diet is. It also shares sample recipes. About fiberFiber is the part of fruits, vegetables, beans, legumes, nuts, and grains
that your body does not digest (break down). There are 2 types of fiber: Insoluble fiber is found in foods such as oats, peas, beans, apples, citrus foods, and
barley. Soluble fiber does break down in water to form a gel. Talk with your healthcare provider or clinical dietitian nutritionist to learn more about types of fiber. You should have less than 2 grams (g) of fiber per serving of food or less than 3g of fiber per meal. You
should have less than 10 total grams of fiber per day. Read the section How to Find Fiber on a Nutrition Facts Label to learn how to tell how much undigested food moves through your digestive tract (stomach and intestines). This means your body will make less stool. The stool
that your body does make will move through your digestive tract more slowly. There are many reasons your healthcare provider might recommend following a low-fiber diet. Some common reasons are: If you have inflammatory bowel disease (IBD) flare-up. IBD includes Crohns disease and ulcerative colitis. Your bowel is also called your large intestine
or colon. If youre getting radiation therapy to your pelvis and lower bowel. If youre having lots of diarrhea (loose, watery poop) or have diarrhea that is not getting better. If you have a new colostomy or ileostomy. If youre having lots of diarrhea that is not getting better. If you have a new colostomy or ileostomy or ileostomy or ileostomy. If youre having lots of diarrhea that is not getting better. If you have a new colostomy or ileostomy or ileostomy or ileostomy. If your have diarrhea that is not getting better. If you have a new colostomy or ileostomy or ileostomy or ileostomy or ileostomy.
moving through your bowels like it should. It can be caused by a tumor or scar tissue from a surgery. To learn more, read the section Reasons you may need to follow a low-fiber diet at the end of this resource. How long you follow a low-fiber diet depends on the reason youre following it. Some people only follow it for a little while. Other people follow
it for longer. Your healthcare provider will talk with you about what to expect. Keep following a low-fiber diet until your healthcare provider or clinical dietitian nutrition facts label. The Nutrition Facts label has information about the
amount of certain nutrients in the food or drink. The amount of fiber is listed in the Dietary Fiber row (see Figure 1). Figure 1. Where to find fiber on a Nutrition Facts label While youre following a low-fiber food because it has 4g of fiber per
serving. The label on the right is a low-fiber food because it has 2g of fiber per serving. While youre following a low-fiber diet, make sure to look at the serving size at the top of the Nutrition Facts label (see Figure 2). Only serve yourself that amount. Eating more or less than the recommended serving size will change the total fiber of your portion.
Figure 2. Where to find serving size and serving size and serving size and serving size and whole grain products. Choose grains
that are refined, a process that removes most of the fiber. Choose white bread products that do not have added whole grains, bran, or seeds. Some foods and drinks have added fiber. This includes some highly refined foods (such as white bread) and non-plant foods, such as yogurt, ice cream, and energy bars. This is done to make the product seem
healthier. But added fiber usually does not have the same health benefits as fiber found naturally in foods. Its important to check the Nutrition Facts label on all the foods you eat. Added fiber is still a part of your daily total fiber intake. Drink at least 8 to 10 (8-ounce) glasses of non-caffeinated liquids per day. This will help prevent constipation. The
following tables have more detailed guidelines about foods to include and avoid. You may have questions about foods not listed in these tables or want to schedule an appointment with a clinical dietitian nutritionist. If you do, call the outpatient clinical dietitian nutritionist office at 212-639-7312. You can reach a staff member Monday through Friday,
from 9:00 a.m. to 5:00 p.m.Grains Grains to include Grains to avoid Foods with less than 2g of fiber per serving White flour Bread, bagels, rolls, and crackers made from white or refined flour Waffles, French toast, and pancakes made from white rice, noodles, and pasta Cold or hot cereals made from white or refined flour, such as corn
flakes, puffed rice, Cream of Wheat, Cream of Wheat, Cream of Rice, and refined grits Whole-wheat or whole-grain breads, rolls, crackers, and pasta Brown and wild rice Barley, oats, and other whole grains, such as quinoa Cereals made from whole grain or bran, such as shredded wheat and bran flakes Breads and cereals made with seeds, nuts, dried fruit, or coconut
Popcorn Proteins Proteins to include Proteins to include Proteins to avoid Tender, well-cooked meats, such as beef, fish, lamb, pork, and skinless poultry, and fish Deli meats, such as bologna or
salami Sausage and bacon Hot dogs Fatty meats, such as prime rib, pork rib, and lamb chops Sushi Dried beans, peas, and lentils Hummus Nuts and seeds Crunchy nut butters, such as crunchy almond and peanut butters Shrimp Dairy to include Dairy to avoid Foods marked with an asterisk (*) have lactose. If you have lactose intolerance,
drinking milk products from cows or goats may make diarrhea worse. Buttermilk* Fat-free, 1%, and 2% milk* Lactose-free milk, such as almond, cashew, coconut, and rice milks are not good sources of protein. Youll need to eat an additional protein food.
Fortified pea milk and soy milkThese milks may cause gas and bloating in some people. Yogurt* with live active cultures without fruit, granola, or nuts Lactose-free yogurt Kefir (many are 99% lactose-free) Cheese*, such as cheddar, Swiss, and Parmesan cheesesLow-fat, block, hard, and aged cheeses are usually lower in lactose-free yogurt Kefir (many are 99% lactose-free) Cheese*, such as cheddar, Swiss, and Parmesan cheesesLow-fat, block, hard, and aged cheeses are usually lower in lactose-free yogurt Kefir (many are 99% lactose-free) Cheese*, such as cheddar, Swiss, and Parmesan cheesesLow-fat, block, hard, and aged cheeses are usually lower in lactose-free yogurt Kefir (many are 99% lactose-free) Cheese*, such as cheddar, Swiss, and Parmesan cheesesLow-fat, block, hard, and aged cheeses are usually lower in lactose-free yogurt Kefir (many are 99% lactose-free) Cheese*, such as cheddar, such as
cream Lactose-free cottage cheese Whey protein isolate Milk and foods made with milk (if you have lactose intolerance) Yogurt with fruit, granola, or nuts Vegetables to avoid Well-cooked (fork-tender) vegetables without seeds or skins, such as carrots and asparagus tipsRemember to avoid the vegetables on the
Vegetables to avoid list. Peeled potatoes, including white, red, sweet, and yellow potatoes Strained vegetables (vegetables with more than 2g of fiber per serving), such as peas and corn Avocado Cooked vegetables that cause gas, such as
beets, broccoli, Brussels sprouts, cabbage, sauerkraut, cauliflower, lima beans, mushrooms, okra, onions, parsnips, peppers, and potato skins Fruit Fruits to avoid Fruit juice (except prune juice) Ripe bananas Melons, such as cantaloupe, honeydew and seedless watermelon Applesauce Cooked fruits without skins or seeds Canned soft
fruits in juice (except pineapple) Frozen fruit with less than 2g of fiber per serving All fresh fruits except those on the Fruits to include list All dried fruits, including prunes and raisins Canned fruit in heavy syrup Fruit juice with pulp Fruits sweetened with sorbitolSorbitol is not a fiber, but it can have a laxative effect (make you poop). Prune juice
Pineapple Fats and oils Fats and oils Fats and oils to avoidIf youre having diarrhea, do not have more than 8 teaspoons of fats and oils for canola oil) more often than solid fats (such as butter or stick margarine) Coconut oil Avocado oil Nut or sesame seed oils Shredded or whole coconut Sliced, mashed, or
whole avocado Drinks Drinks to includeDrinks to avoidDrink 8 to 10 (8-ounce) glasses of liquids every day. Its best to drink more liquids to replace the fluids youre having diarrhea, you may need to drink mostly plain water. If youre having diarrhea, you may need to drink mostly plain water without
artificial sugars or sugar alcohols, such as xylitol or sorbitol Do not have more than 12 ounces per day of drinks with high-fructose corn syrup. Drinks with caffeine, such as regular coffee, regular tea, soda, and energy drinksCaffeine can make diarrhea worse. Drinks sweetened with sorbitol or other sugar substitutes, such as sucralose Alcoholic drinks
Oral nutritional supplements (nutritional supplements with less than 2g of fiber per serving, such as: Ensure Plus Ensure Plus
Essentials Premier Protein Clear Premier Protein Original Organ Scandishake Lactose-free Scandishake Always check the amount of fiber on the Nutrition Facts label. Different amounts of fiber per serving, such as: BOOST Original BOOST Plus
BOOST Glucose Control Glucerna Nepro Carnation Breakfast Essentials Light Start How to handle food safely Its important to handle food safely Its important to handle food safely when your emaking meals at home. This will lower your chances of getting a foodborne illness (food poisoning). Clean your hands and cooking surfaces (including your blender) often. Separate raw meats,
poultry, and seafood from produce and other food in your refrigerator. Use one cutting board for raw meat, poultry, seafood, and eggs are cooked to safe internal temperatures. Refrigerate or freeze leftovers within 2 hours of cooking or buying
Treatment. Low-fiber recipesBreakfast Egg CupsMakes 6 servings. Ingredients 1 small russet potato, peeled 8 large eggs cup 2% or fat-free cottage cheese 2 ounces cheddar cheese, grated 1 small bell pepper, chopped 2 tablespoons ketchup Cooking spray Instructions Preheat the oven to 350 F (177 C). Dice the potato and place it in a covered dishard.
Microwave it for 5 minutes, then let it sit for 5 minutes. In a large mixing bowl, beat the eggs. Add the cottage cheese, grated cheddar cheese, chopped bell pepper, ketchup, and diced potato. Grease a 12-cup muffin tin or line it with muffin cups or parchment paper. Divide the egg mixture evenly into the 12 sections. Bake until the tops of the egg
cups are golden (about 15 to 18 minutes). Per serving: 191 calories, 11g carbohydrate, 10g total fat, 2g fiber, 14g proteinPotato FrittataMakes 2 servings. Ingredients Cooking spray 1 medium potato (such as Yukon Gold or russet), peeled and thinly sliced 4 large eggs (1 whole egg and 3 egg whites) cup lactose-free milk Garlic powder, paprika, dried
oregano, salt, and pepper (optional) cup shredded soy cheese Note: You can use cup Egg Beaters or liquid egg whites in place of the whole egg. Instructions Heat a medium nonstick skillet over medium heat. Lightly coat the skillet with cooking spray. Add the sliced potato and cover the skillet. Let it cook until its tender (about 10 minutes), stirring
occasionally. Meanwhile, whisk the whole egg and egg whites, milk, and any seasonings youd like in a large bowl. Pour the egg mixture over the potato and sprinkle it with cheese. Reduce the heat to low, cover the skillet, and let it cook until the eggs are firm (about 5 to 8 minutes). Per serving: 170 calories, 23g carbohydrate, 4g total fat, 2g fiber,
14g proteinBaked French Toast CasseroleMakes 8 servings. Ingredients 2 tablespoons butter or coconut oil, melted 6 large eggs, beaten 1 cups whole milk 15 ounces (2 cups) whole milk 15 o
peach preserves, or apple jelly cup heavy cream Powdered sugar and maple syrup, for serving Instructions Coat a 9x13-inch baking dish with the melted butter or coconut oil. In a mixing bowl, beat the eggs, milk, 1 cup of ricotta cheese, vanilla extract, and salt. Spread one side of the bread with the preserves or jelly. Arrange the bread in 2 layers,
preserves or jelly side up, in the baking dish. Pour the wet ingredients over the bread. Cover and refrigerate the casserole overnight. Preheat the oven to 350 F (177 C). Take the texture of bread pudding. Bake for 1 hour or more for a firmer,
crisper texture. If the top starts browning too quickly, loosely cover it with aluminum foil. Meanwhile, in a mixing bowl, whip the cream until stiff peaks form. Gently fold in the remaining 1 cup of ricotta cheese. Stir in 1 tablespoon of powdered sugar, if youd like. Serve the French toast warm with the whipped ricotta cheese mixture and maple syrup.
Per serving: 480 calories, 60g carbohydrate, 17g total fat, 2g fiber, 20g proteinBanana Bread MuffinsMakes 12 servings. Ingredients cup (1 whole stick) butter, softened cup brown sugar cup plain Greek yogurt 2 eggs cup mashed overripe banana 1 teaspoon vanilla extract 2 cups flour 1 teaspoon baking powder teaspoon cinnamon teaspoon salt
teaspoon baking soda teaspoon ground ginger Instructions Preheat the oven to 350 F (177 C). Whisk together the butter, brown sugar, Greek yogurt, eggs, banana, and vanilla extract. In a separate bowl, whisk together the butter, brown sugar, Greek yogurt, eggs, banana, and vanilla extract. In a separate bowl, whisk together the butter, brown sugar, Greek yogurt, eggs, banana, and vanilla extract. In a separate bowl, whisk together the butter, brown sugar, Greek yogurt, eggs, banana, and vanilla extract. In a separate bowl, whisk together the flour, baking powder, cinnamon, salt, baking soda, and ground ginger. Whisk together the butter, brown sugar, Greek yogurt, eggs, banana, and vanilla extract. In a separate bowl, whisk together the flour, baking soda, and ground ginger.
ingredients. Line a 12-cup muffin tin with muffin cups or parchment paper. Divide the batter evenly into the 12 compartments. Bake until the tops are golden and a toothpick stuck in the center of a muffin comes out clean (about 20 to 25 minutes). Per serving: 210 calories, 29g carbohydrate, 9g total fat, 1g fiber, 4g proteinEasy Potato SoupMakes 2
servings. Ingredients 1 baking potato, such as Russet or Yukon Gold Instructions Preheat the oven to 400 F (204 C). Bake the potato until the flesh gives slightly when you squeeze it (about 30 minutes). Be careful not to burn yourself. Let the potato and
bone broth in a blender. Pure until smooth. Serve warm. Per serving: 91 calories, 13g carbohydrate, 0g total fat, 1g fiber, 10g proteinWatermelon and Mint GazpachoMakes 4 servings. Ingredients 2 pounds watermelon, seeded and chopped cup chopped fresh well-washed cilantro, plus more for garnish 3 tablespoons pasteurized lime juice 2
tablespoons chopped fresh well-washed mint leaves, plus more for garnish 2 tablespoons olive oil 1 large well-washed tomato, seeded and chopped 5 large well-washed cucumber, peeled, seeded, and chopped 5 large well-washed tomato, seeded and chopped 5 large well-washed cucumber, peeled, seeded, and chopped 5 large well-washed cucumber washed cucumber well-washed cucumber washed cucumber was
Pure until smooth. Add salt and pepper to taste. Pour the gazpacho into a container. Cover the container. Cover the container. Serving: 120 calories, 13g carbohydrate, 7g total fat, 2g fiber, 2g proteinChicken Tamale PieMakes 6 servings. Ingredients cup cornmeal 2
cups low-sodium chicken broth Cooking spray 1 to 2 cups of shredded baked chicken 1 cup low-sodium tomato sauce 1 teaspoon oregano 1 teaspoon 0 teaspoon 0 teaspoon 0 teaspoon 0 teaspoon 0 teaspoon 0 teas
saucepan. Cook over medium heat, stirring often, until the mixture thickens (about 10 to 20 minutes). Let it cool for 5 minutes. Lightly coat a small casserole dish. Spread the shredded chicken on top of the cornmeal mixture. Place the tomato sauce in a small bowl
Stir in the garlic powder, oregano, and thyme. Evenly spread the tomato sauce over the chicken, then sprinkle it with the grated cheese. Bake until the cheese melts (about 30 minutes). Garnish with fresh cilantro before serving; if youd like. Per serving: 227 calories, 15g carbohydrate, 4g total fat, 1g fiber, 9g proteinRolled Chicken TacosMakes 1
serving. Ingredients cup water cup white rice Cooking spray 2 (6-inch) flour tortillas cup shredded or cubed grilled or rotisserie chicken breast, skin removed Mild chili powder, garlic powder, salt, and pepper (optional) Instructions In a saucepan over high heat, bring water to a boil. Add the rice and reduce the heat to low
Cover the saucepan and let it simmer until the rice is tender (about 40 to 50 minutes). Heat a large nonstick skillet over medium heat. Sprinkle them with cheese, then top the cheese evenly with the cooked rice and rotisserie chicken. Sprinkle the seasonings
over the rice and chicken, if youd like. Cook the tacos until the filling is warm and the tortillas start to brown (about 3 minutes). Move the tacos to a plate. Roll them and serve them. Per serving: 510 calories, 60g carbohydrate, 13g total fat, 3g fiber, 34g proteinNote: This recipe has 3 grams of fiber. It should be counted as a meal. Turkey Sage
MeatloafMakes 12 servings. Ingredients 1 tablespoon grapeseed oil 1 small onion, chopped 2 stalks celery, chopped 2 stalks celery, chopped 2 stalks celery, chopped 3 tablespoon salt Black pepper to taste 1 cups panko breadcrumbs 16 ounces low-sodium gravy of choice
Instructions Preheat the oven to 375 F (191 C). Heat the grapeseed oil in a large nonstick skillet over medium heat. Add the onion, celery, and garlic. Cook, stirring often, until the mixture to an extra-large bowl. Stir in the parsley and sage. Add
the ground turkey, eggs, salt, pepper, and panko breadcrumbs. Mix to combine. Place the mixture in a baking dish. Form into a loaf with wet hands. Bake until the instructions on the packaging. Serve the meatloaf with the warmed gravy. Per serving:
210 calories, 12g carbohydrate, 12g total fat, 1g fiber, 25g proteinThai Turkey Meatballs with Coconut RiceMakes 4 servings. IngredientsTurkey meatballs Cooking spray or oil 1 large egg 1 tablespoon Thai curry paste 1 teaspoon finely-grated peeled ginger 1 teaspoon minced garlic 1 pinch cayenne pepper 1 tablespoon
low-sodium soy sauce 1 pound 93% lean ground turkey cup panko breadcrumbs 1 scallion, finely chopped Coconut rice 1 cup uncooked jasmine rice cup full-fat coconut milk For serving 1 cup frozen mango 1 lime, juiced or 2 tablespoons pasteurized lime juice cup chopped fresh well-washed cilantro Note: To keep the fiber low, do not use more than
cup of mango per serving. Instructions Defrost the mango in the refrigerator overnight or heat it in the microwave for 1 minute. Divide it into 4 (cup) portions for garnish. Prepare the rice. In a saucepan, reduce the heat to low, and let it
simmer until the rice is tender (about 20 minutes). Preheat the egg, chili paste, curry paste, ginger, garlic, cayenne pepper, and soy sauce. Add the turkey, panko breadcrumbs, and scallion. Stir well to combine. Roll the mixture into 1-inch
balls, packing them firmly (you should have about 30). Move the meatballs to the prepared baking sheet. Roast the meatballs to the prepared baking sheet. Roast the meatballs with the rice. Garnish with lime, cilantro, and mango. Per
serving: 480 calories, 53g carbohydrate, 17g total fat, 1g fiber, 28g proteinLime and Coconut chickenMakes 4 servings. Ingredients 2 pounds boneless, skinless chicken breasts 3 tablespoons low sodium soy sauce 1 teaspoons kosher salt 2
tablespoons sugar 2 teaspoons curry powder cup coconut milk 4 tablespoons fresh cilantro, chopped Instructions Using a meat tenderizer, pound chicken breasts in a bowl and toss with oil, lime zest, cumin, coriander, soy sauce, salt, sugar, curry powder, and coconut milk. Cover
and refrigerate for 1 to 2 hours. Separate chicken from marinade and reserve both. Using a hot saut pan, or cast-iron skillet, brown chicken on both sides until a food thermometer inserted measures an internal temperature of 165 F (74 C). Pour the marinade into a saucepan and heat until boiling. Reduce heat and let simmer for 2 minutes
stirring to prevent burning. Serve sauce over and garnish with cilantro and lime wedges. Per serving: 330 calories, 10g carbohydrate, 20g total fat, 1g fiber, 28g proteinSalmon Filet with Yogurt Avocado SauceMakes 4 servings. Ingredients avocado (about 3.5 ounces or 100 grams) cup Greek yogurt 3 tablespoons chopped dill 1 clove garlic 2
tablespoons lemon juice 1 tablespoon water, plus more as needed 1 teaspoon salt 1 teaspoon black pepper 4 (3-ounce) salmon filets 1 tablespoon olive oil Note: Only a small amount of avocado is used to keep the fiber content low. Instructions Preheat the oven to 400 F (204 C). Blend yogurt sauce by combining avocado, Greek yogurt, dill, garlic,
lemon juice, water, and salt and pepper to taste in a food processor until smooth. If needed, add more water 1 tablespoon at a time until it reaches the desired consistency. Cook fish fillet skin side down on a foil-lined baking sheet. Season with salt and pepper and brush with olive oil. Bake fish until just cooked through, about 8 to 10 minutes. (Thicker
center-cut fillets will take longer, while thinner fillets cut from the tail section will cook faster.) Serve warm topped with cup or less of avocado-dill yogurt. Per serving: 280 calories, 6g carbohydrate, 18g total fat, 3g fiber, 24g proteinNote: This recipe has 3 grams of fiber. It should be counted as a meal. Pured recipesFruit SmoothieMakes 1
serving.Ingredients cup non-fat vanilla yogurt cup pasteurized fruit nectar cup well-washed chilled or frozen fruit.Instructions Put all the ingredients in a blender. Blend until the mixture is smooth. Per serving: 270 calories, 49g
carbohydrate, 0g total fat, 2g fiber, 16g proteinCarrot Banana SmoothieMakes 1 serving. Ingredients in a blender. Blend until the mixture is smooth. Per serving: 113 calories, 27g carbohydrate, 0g total fat, 2g fiber, 1.5g
proteinSpinach SmoothieMakes 1 serving. Ingredients 1 cup well-washed spinach cup pasteurized orange juice cup mango sorbet 1 tablespoon pasteurized lime juice 1 tablespoon mint Note: Only a small amount of spinach is used to keep the amount of fiber low. Instructions Put all the ingredients in a blender. Blend until the mixture is smooth. Per
serving: 170 calories, 42g carbohydrate, 0g total fat, 0.5g fiber, 2g proteinWinter Squash and Carrot PureMakes 4 servings. Ingredients 1 butternut squash (3 pounds or less, cut in half lengthwise, with the seeds removed) 3 small carrots, thinly sliced 1 clove of garlic, thinly sliced teaspoon of thyme 1 tablespoon of unsalted butter, cut into small
pieces 2 cups of water Salt and pepper to taste Instructions Preheat the oven to 350 F (177 C). Set the squash, cut side down, on a lightly-oiled baking sheet. Bake the squash for 45 minutes or until soft. Combine the carrots are
tender. Transfer the contents from the pan to a food processor and pure. Scoop the squash out of its skin and pure it with the butter. Bake for 20 minutes or until hot and serve. Per serving: 70 calories, 10g carbohydrate, 3g total fat, 2g
fiber, 1g proteinCreamy SoupMakes 2 servings. This is a recipe for a basic creamy soup. Add whichever vegetables, spices, and dried herbs you like. Ingredients 1 cup Basic White Sauce (see recipe below) cup pured vegetables or baby food vegetables (such as green beans, squash, mushrooms, or asparagus) Salt and pepper to taste Herbs, such as dill
garlic, or thyme, to taste (optional) Note: To keep the amount of fiber low, do not use more than cup of vegetables. Instructions Follow the recipe for Basic White Sauce. Mix in the vegetables. Add herbs, if youd like. Basic White Sauce Mix in the vegetables. Add herbs, if youd like. Basic White Sauce Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce. Mix in the vegetables. Add herbs, if youd like. Basic White Sauce Mix in the vegetables. Add herbs, if youd like. Basic White Sauce Mix in the vegetables. Add herbs, if youd like Sauce Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce Mix in the vegetables. Add herbs, if youd like Sauce Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Instructions Follow the recipe for Basic White Sauce Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Add herbs, if youd like Mix in the vegetables. Add herbs, if you will not you will not a supplied to the properties of the p
fortified non-dairy milk 2 tablespoons any kind of oil or butter 2 to 3 tablespoons flour Note: You can make a basic brown sauce by using cup of low-sodium beef or chicken broth instead of milk. Instructions Mix the flour and oil or butter in a saucepan. The more flour you use, the thicker the sauce will be. Cook over low heat, stirring constantly, until
the mixture is smooth and bubbly. Remove from heat. Stir in the milk. Return to low heat and bring to a boil, stirring constantly. After 2 to 3 minutes, the sauce will start to thicken and you can remove it from heat. Per servings. Ingredients 15
ounces (2 cups) ricotta cheese 3 tablespoons sifted powdered sugar teaspoon vanilla extract 2 cups canned cherries cup semisweet chocolate chips, ground to a coarse meal in a blender Instructions Put the ricotta cheese in a medium-size mixing bowl. Beat the ricotta cheese with an electric mixer at high speed until its
smooth (about 3 minutes). While beating the cheese, slowly add the powdered sugar. Stir in the almond and vanilla extracts. Cover the mousse. Refrigerator and fold in the cherries. Place it back in the refrigerator until youre ready to serve it. Serve the mousse
topped with the ground chocolate. Per serving: 300 calories, 30g carbohydrate, 17g total fat, 2g fiber, 10g protein Reasons you may need to follow a low-fiber diet. IBD (Crohns disease or ulcerative colitis) flare-upsIBD happens when your
immune system attacks part of your GI tract. Your GI tract is pathway food travels through after you swallow it. Its made up of your mouth, esophagus (food pipe), stomach, small intestine, large intestine, and anus. IBD most often affects your small or large intestine. When your immune system attacks your GI tract, it causes symptoms such as:
Diarrhea that does not go away Abdominal (belly) pain Bloody stool Weight loss Fatigue (feeling very tired or having less energy than usual) IBD is a chronic (lifelong) condition, but you will not have symptoms all the time. When you do have symptoms, its called a flare-up. Having too much fiber can cause diarrhea and abdominal pain or make these
symptoms worse. Eating foods with little or no fiber can help prevent or lessen your symptoms. Once your flare-up gets better, its important to contact your doctor or clinical dietitian nutritionist. Theyll help you safely add foods with fiber back into your flare-up gets better, its important to contact your flare-up gets better, its important flare-up gets better, its important flare-up gets better, its important flare-up gets flare-up gets flare-up gets better, its important flare-up gets f
bowel can cause side effects such as: Diarrhea Constipation (having fewer bowel movements than usual) Abdominal pain Gas Eating foods with little or no fiber may help lessen these side effects. Lots of diarrhea or diarrhea that is not getting betterMany things can cause diarrhea, such as medications, infections, chemotherapy, radiation therapy, or
disease. The treatment for diarrhea depends on whats causing it. Following a low-fiber diet is just one part of treatment. If your having lots of diarrhea or your diarrhea or your foods and drinks move through your GI tract more
quickly. This is especially true for foods with insoluble fiber, such as whole grains, wheat bran, and nuts. When food moves through your GI tract too quickly, it can make diarrhea happen more often. High-fiber foods can also cause gas and discomfort. Following a low-fiber diet can help manage diarrhea. Its best if the little fiber you eat while following a low-fiber diet can help manage diarrhea. Its best if the little fiber you eat while following a low-fiber foods can also cause gas and discomfort.
this diet is soluble fiber. Soluble fiber. Soluble fiber helps make your stool bulkier. Foods made with whole grains or bran have soluble fiber. New colostomy or ileostomy fiber. Soluble fiber helps make an opening on your belly. Theyll connect your ileum (the last part of
your small intestine) or colon to the opening. If they use your ileum, its called an ileostomy. If they use your colon, its called a colostomy. The part of your stona to collect your stone to recover, your bowel will be swollen and need time to recover. High-fiber
foods are harder for your body to digest and can cause gas. Theyre also more likely to block your new ileostomy or colostomy. Following a low-fiber diet can help your body to digest and can cause gas. Theyre also more information about your diet
while you have a new colostomy or ileostomy, read Diet Guidelines for People With a Colostomy or Diet Guidelines for People With an Ileostomy, read Diet Guidelines for People With an Ileostomy, read Diet Guidelines for People With an Ileostomy, read Diet Guidelines for People With an Ileostomy or Diet Guidelines for Diet
narrowing of the bowel bowel bowel bowel bowel bowel obstruction is when something completely or partly blocks food from moving through your bowels. A tumor or scar tissue from a surgery can cause a bowel obstruction. Its harder for high-fiber foods to pass through your bowels. Your healthcare provider might recommend a low-fiber diet if you: Are at risk for a bowel obstruction. Its harder for high-fiber foods to pass through your bowels.
obstruction. Have a partial bowel obstruction. Recently had a bowel obstruction. Be sure to follow their instructions. Its also important to chew your foods with fiber before eating them. When you liquify a food, you blend it until its a consistency (texture) you can
suck through a straw. This makes these foods easier to digest and helps them move through your bowels. Dietary fiber is that part of a plant that is indigestible by the human body, therefore, it is responsible for both the normal
functioning of and for a variety of disorders of the large intestine or colon.1 There are certain medical conditions where a low fiber diet is necessary for the proper functioning of the gut. Some of these conditions include: Acute or subacute diverticulitisUlcerative colitisCrohns diseaseSome types of intestinal surgeryColostomyIleostomyCertain
inflammatory conditions of the bowelDiarrheaBowel narrowing caused by a tumorIBS To lessen abdominal pain, diarrhea, and other symptoms2To decrease stool productionA low-fiber diet can be used to reduce weight with proper quidance People who
are on a low-fiber diet can consume the following3:Tender meat, fish, and poultry, bacon, ham, shellfish, and lunch meatEggs, tofu, and creamy peanut butterWhite rice and pastaDairy products, if toleratedBaked goods made with refined wheat or rye flour, such as bread, pancakes, waffles, bagels, biscuits, saltines, and graham crackersHot and cold
cereals that have less than 2.5 grams of dietary fiber in a single serving, such as those made from riceCanned or well-cooked potatoes, carrots, and green beansPlain tomato sauceVegetable and fruit juices without pulpBananas, melons, applesauce, and canned peaches without skinsButter, margarine, oils, and salad dressings without seedsMilk
productsOrange and grapefruit without membraneBread and cereals made from refined pasta, flours, white riceAll oils, margarine, butterSeafood, cottage cheeseFoods to AvoidPeople who are advised to eat a low-fiber diet should not consume the following food items:Nuts, seeds, dried fruit, coconutWhole grains, popcorn, wheat germ, branBrown
rice, wild rice, oatmeal, granola, shredded wheat, quinoa, bulgur, barleyDried beans, baked beans, lima beans, pasta, bran cerealHot dogs, sausageNuts, seeds, dried beansCoconuts, fats used for deep fryingPopcorn, picklesBe sure to
read food labels if you are on a low-fiber diet. Many food products contain fiber even if you think they don't, such as yogurt, ice cream, and cereal. Even some beverages can have added fiber. Choose foods with no more than 12 grams of fiber per serving. Special Consideration of fiber even if you are on a low-fiber diet and experiencing discomfort such as
abdominal pain, consult your physician ASAP. If you are on a strict low-fiber diet for a long period of time, then consuming fruits and vegetables may be inadequate nutrition, and you may not be getting enough calcium. In this circumstance, your physician may add a multivitamin or liquid nutritional supplement to your diet plan.4 Breakfast Lunch
Dinner orange juice 1/2 cup cornflakes 1 cup poached egg white toast 1 slice margarine 1 tsp jelly 1 Tb skim milk 1 cup coffee 3/4 cup sugar 1 tsp non-dairy creamer salt/pepper fish 3 oz rice 1/2 cup white bread 1 slice margarine 1 tsp jelly 1 Tb applesauce 1/2 cup coffee 3/4 cup sugar 1 tsp non-dairy creamer salt/pepper
chicken breast 3 oz noodle 1/2 cup cooked carrots 1/2 cup white bread 1 slice margarine 1 tsp jelly 1 Tb canned peaches 1/2 cup skim milk 1 cup coffee 3/4 cup sugar 1 tsp non-dairy creamer salt/pepper Calories 1,576 Fat 45 gm Protein 89 g Sodium 2,817 mg Carbohydrates 215 g Potassium 3,510 mg Sorathia AZ, Sorathia A
prospectively associated with type 2 diabetes in a British birth cohort. Br J Nutr. 2016;115(9):1632. doi:10.1017/S00071145160006720Keefe SJD. The Need to Reassess Dietary Fiber Requirements in Healthy and Critically Ill Patients. Gastroenterol Clin North Am. 2018;47(1):219. doi:10.1016/J.GTC.2017.10.005 While a high-fiber diet is usually
recommended for most people, there are some cases in which a low-fiber diet may be necessary. A diet lower in fiber might be tried before having a colonoscopy, for diverticulitis, during a flare-up of inflammatory bowel disease (IBD, Crohns disease or ulcerative colitis), for constipation, or other conditions. The recommendation is usually temporary
until the procedure is over or the condition improves. This article will discuss the long- and short-term circumstances under which a low-fiber diet might be recommended. Photo composite by Amelia Manley for Verywell Health; Getty Images Fiber is found in plant-based foods (fruits and vegetables). It is not digested by the body. It works to give stool
bulk and to move it through the intestines easily. A diet higher in fiber is usually recommended for most people. However, low-fiber foods may be necessary for certain conditions, usually for a limited amount of time. How long you need to be on a low-fiber diet is going to be based on the reason why it is recommended. The healthcare provider that
recommended the diet should give some guidelines. In some cases, higher-fiber foods will be added back into the eating plan slowly. If symptoms return or new symptoms start (such as abdominal pain, bloating, diarrhea, or constipation) there may be a need to slow down adding fiber. Compliant Foods ApplesauceBananasCanned potatoes, carrots,
green beans, and peachesCereal, bread, biscuits, pancakes, waffles, bagels, and crackers made from refined wheat or rye flourCreamy peanut butter and other nut buttersDairy products, when tolerated, such as plain yogurt, milk, ice cream, and cheesesEggsFruit and vegetable juice (no pulp)Meats such as fish and poultry, ham, bacon, shellfish, and crackers made from refined wheat or rye flourCreamy peanut butter and other nut buttersDairy products, when tolerated, such as plain yogurt, milk, ice cream, and cheesesEggsFruit and vegetable juice (no pulp)Meats such as fish and poultry, ham, bacon, shellfish, and crackers made from refined wheat or rye flourCreamy peanut butter and other nut buttersDairy products, when tolerated, such as plain yogurt, milk, ice cream, and cheesesEggsFruit and vegetable juice (no pulp)Meats such as fish and poultry, ham, bacon, shellfish, and cheesesEggsFruit and vegetable juice (no pulp)Meats such as fish and poultry, ham, bacon, shellfish, and cheesesEggsFruit and vegetable juice (no pulp)Meats such as fish and poultry, ham, bacon, shellfish, and 
deli meatMelons (watermelon, cantaloupe, honeydew)TofuWhite rice and pastaNoncompliant FoodsBeans, including baked and lima, peas, and lentilsBranBrown and wild riceChunky peanut butterCoconutCornbread and cornmealGranolaMeat with gristleNuts, seeds, and dried fruitPopcorn and potato chipsQuinoaWheat germWhole
                            which foods have lower amounts of fiber can be challenging. Fiber is found in fruits, vegetables, beans, and whole grains. Reading nutrition labels can help. For a low-fiber per serving and eating less than 3 g of fiber
per meal. They also recommend trying to eat less than 10 g of fiber a day. Foods such as meats and vegetables should be well cooked and tender. Various cooking methods can be used to make sure foods are cooked well, including baking, braising, microwaving, poaching, simmering, steaming, and stewing. It might be challenging to meet nutritional
needs while eating a low-fiber diet. It may be difficult to get enough vitamins and minerals. Every person has unique nutritional needs. If this diet is going to be followed longer than a few days, it may be helpful to work with a dietitian to learn how to modify an eating plan or if any vitamin supplements are needed. Fiber works to make stool bulkier
and help it move smoothly through the intestines. Without enough fiber, there could be a change in bowel habits (such as diarrhea or constipation). Drinking more fluids, especially water, may be recommended while cutting back on fiber. The reasons for needing a low-fiber diet and how it offers benefits are going to be different based on the
condition. The purpose of a colonoscopy prep is to remove all the stool from the large intestine. This is so that a healthcare provider can view inside the colon during the procedure and take biopsies (tissue samples to be analyzed in a lab) without any fecal matter being in the way. A low- or lower-fiber diet may be recommended starting anywhere
from one week to three days prior to the colonoscopy. A healthcare provider will give detailed instructions on how to eat and prepare for the test. One study showed that people recommended a low-fiber foods, Vegetables containing a lot of fiber were the most commonly eaten high-fiber foods among
study participants. In many cases, people who live with constipation may be told to eat more fiber. That recommendation depends on the reason for having constipation, such as bloating and constipation. For people
who are eating a high-fiber diet already and are constipated, adding more fiber may not be the solution. Some people may find this out through trial and error. Reducing fiber intake for a time may be recommended by a healthcare professional for constipated.
The foods that affect people with IBS vary by individual. In general, eating more fiber is recommended for people with IBS. However, at times a healthcare provider may recommend a lower-fiber diet to deal with symptoms such as bloating. A diet low in FODMAPs (fermentable oligosaccharides, monosaccharides, and polyols) might be
recommended. In this diet, foods higher in FODMAPs are avoided. FODMAPs are also high in FODMAPs are also high in FODMAPs. It can be challenging to include enough fiber and also avoid food containing FODMAPs that may cause more symptoms. A healthcare provider can
advise you on how to undertake a low-FODMAP eating plan while also getting enough fiber. For IBD that is not active, meaning there are no symptoms and/or inflammation in the digestive system, a high-fiber eating plan or a plant-based eating plan might be recommended. The goal would be to lower the amount of foods from a typical Western diet,
such as those that are highly processed and low in fiber. During a flare-up, when inflammation increases, a lower-fiber diet may be recommended that people with IBD try to incorporate more fiber into their diet. It can be challenging to add more fiber, so its recommended that people with IBD try to incorporate more fiber into their diet.
work with a healthcare provider who can provide guidance. Pouches called diverticular disease. People with this condition often are advised to eat a diet high in fiber. Most of the time, these bulges dont cause a problem, but they can get inflamed and cause symptoms, which leads to a condition called
diverticulitis. In the case of diverticulitis, a low-fiber diet may be recommended as part of treatment for a few days. Adding fiber back to a regular diet in time, which is meant to minimize abdominal pain and other gastrointestinal symptoms. A
narrowing (stricture) in the small or large intestine from scar tissue or inflammation can lead to a blockage. For those who are susceptible to strictures, fibrous foods may cause symptoms such as pain, so a lower-fiber diet may be recommended. In addition, changing the particle size of some foods with fiber may help. You can do this by blending them
up (such as in a smoothie) or cooking them well. In this condition, the stomach and intestines do not work as well to move food through. A low-fiber diet may be recommended for a short time or for the long term. Gastroparesis requires specialized treatment. A team of healthcare providers will give support and guidance on an eating plan. In the days
before and after digestive tract surgery, your healthcare may recommend a low-fiber diet to prevent a buildup of stool before surgery and to allow the digestive system to heal faster afterward. Your provider will discuss your need for a low-fiber diet before the procedure. A low-residue diet is not the same as a low-fiber diet. They are similar in that
both diets limit fiber. However, a low-residue diet also excludes any foods that may have a laxative effect, helping you empty your bowels. This can include prunes and prune juice and foods that are not allowed on a low-residue diet. Eating
plans can be complicated. They need to take not only health conditions under consideration, but also personal taste and cultural practices around food. Its not always easy to understand what is allowed on a low-fiber diet.
People needing a low-fiber diet long term may wish to look into patient groups that can help provider recipes or suggestions on diet. Its also important to check in with healthcare providers regularly to monitor for any vitamin deficiencies or whether its safe to add back foods higher in fiber. The carnivore diet focuses on eliminating fruits and
vegetables and eating more foods that are easier to digest and contain lower amounts of fiber are allowed on the low-fiber diet. The carnivore diet may be low in fiber because many sources of dietary fiber are not allowed. Some fruits and vegetables that are easier to digest and contain lower amounts of fiber are allowed on the low-fiber diet.
For most people, a low-fiber diet isnt recommended for the long term. Most adults in the United States do not get the recommended amount of fiber in their diet. A diet high in fiber is more supportive of overall health. Eating a higher-fiber diet is associated with: A more balanced gut microbiome (the balance of microbes that live in the gut) A reduced
risk of death from cardiovascular diseaseA reduced risk of constipationA reduced risk of certain canditions or prior to a test or a procedure. There are conditions in which a low-fiber diet may be recommended for long-term use by a
healthcare provider. But in many cases, increasing fiber in the diet is important to ensure that enough vitamins and minerals are being taken in. Additionally, eating a diet high in fiber may decrease the risk of developing other conditions. Working with a healthcare provider to understand fiber needs and when and how to decrease or increase fiber
intake is important, especially if a low-fiber diet is needed on a long-term basis. The fiber in food helps your bowel move and push stool through. Most people should have at least 25 grams of dietary fiber a day for good bowel health. You can find the grams of fiber listed on the labels of the foods you eat. The foods with the most fiber
are: Fruits. Vegetables. Whole grains Dried beans. If you have diarrhea worse. If you have diarrhea worse, you may have diarrhea, you should follow a low fiber diet means you only eat about 10 grams of fiber a day. A low fiber diet helps with diarrhea
because it will not stimulate (rev up) your bowels as much and it is easier to digest. Foods group fruits without skin or seeds Fruit juices without pulp Vegetables Broccoli, Brussels sprouts, cabbage, cauliflower, corn,
peas, peppers, radishes, and spinachRaw vegetables that are not listed to stay away from, like:Asparagus, green beans and summer squash*Peel, seed and cook vegetables until they are softBreads & pastasWhole wheat and tabouliCornbreadAny bread with dried fruits or nutsBread products
made with refined white flourPasta/noodles made with refined flourWhite rice cakesGraham crackersCerealsWhole grainsBranShredded wheatGranola and muesliAny cereal with dried fruits or nutsCold cereals - Rice Krispies, Corn Flakes, Cheerios, Special K, Golden Grahams, Rice and Corn ChexHot cereals - Oatmeal, Cream of Rice,
Cream of Wheat, Farina and GritsChoose cereals that have less than 2 grams of fiber per servingNutsWhole nuts and chunky nut buttersSmooth nut buttersDried beans, etc. Meat, poultry, fish and eggsAll allowedMilk and milk productsAllowed unless lactose intolerantOtherAny
foods that contain whole corn or corn kernels (including popcorn and tortilla chips), seeds, nuts, coconut or dried fruitMarshmallowsWhere do I find how much fiber is in the food I eat? To find out how much fiber is in the food I eat? To find out how much fiber is in a serving of food, use the food labels listed on the packaging. Look for "Dietary Fiber" in the list of nutrients. Choose foods that have 2
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products made with white flour. Cereals: Oatmeal, cream of rice, cream of wheat, and farina. Other foods that can lead to diarrhea fatty, greasy, and fried foods. Spicy and highly seasoned foods. Milk and milk-based drinks. Try not to chew gum or eat sugar-free candies and gums that have sugar alcohols in them like sorbitol or mannitol. Foods you
should eat when you have diarrheaEat bland foods that are easy to digest like chicken, fish, eggs, puddings, mashed potatoes, noodles, rice, yogurt, cottage cheese, cream of wheat, farina, smooth peanut butter, white bread, bananas, applesauce, canned fruit, and well-cooked vegetables. Eating 5 to 6 small meals/snacks throughout the day is often
better than eating 3 large meals. Congee Soup Chinese rice and broth in a pot and bring to a boil. Lower the heat and half cover the pot. Cook at a slight boil. Stir every so often and scrape the bottom of the pot to prevent rice from sticking. Simmer 1 to 2 hours.
Cook until the grains burst and become thick oatmeal consistency. Season with salt for taste. Can flavor as desired e.g., ginger, soy sauce or sesame oil. Sample menuThis is a sample meal plan to follow if you have diarrhea. It is low in dietary fiber and high in soluble fiber. Breakfast Lunch Dinner 6 oz orange juice (no pulp) 1 cup Rice Krispies cereal 1 cup
cup vanilla yogurtNutrientsCalories 1946. Protein 101 gm. Fat 54 gm. Dietary fiber 10 gm. Talk with your care team about your diet and tell them right away if you have diarrhea. The fiber in food helps your bowels move and push stool through. Most people should have at least 25 grams of dietary fiber a day for good bowel health. You can find the
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riceCracked wheat and tabouliCornbreadAny bread with dried fruits or nutsBread products made with refined white flourPasta/noodles made with refined flourWhite rice cakesGraham crackersCerealsWhole grainsBranShredded wheatGranola and muesliAny cereal with dried fruits or nutsCold cereals - Rice Krispies, Corn Flakes, Cheerios
Special K, Golden Grahams, Rice and Corn ChexHot cereals - Oatmeal, Cream of Rice, Cream of Rice, Cream of Rice, Cream of Rice, Cream of Wheat, Farina and GritsChoose cereals that have less than 2 grams of fiber per servingNutsWhole nuts and chunky nut buttersSmooth nut buttersSmoo
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orange, and grapefruit. Vegetables: Boiled potatoes. Breads and pastas: White rice and products made with white flour. Cereals: Oatmeal, cream of rice, cream of wheat, and farina. Other foods that can lead to diarrhea fatty, greasy, and fried foods. Spicy and highly seasoned foods. Milk and milk-based drinks. Try not to chew gum or eat sugar-free
candies and gums that have sugar alcohols in them like sorbitol or mannitol. Foods you should eat when you have diarrhea fruit, and foods that are easy to digest like chicken, fish, eggs, puddings, mashed potatoes, noodles, rice, yogurt, cottage cheese, cream of wheat, farina, smooth peanut butter, white bread, bananas, applesauce, canned fruit, and
well-cooked vegetables. Eating 5 to 6 small meals/snacks throughout the day is often better than eating 3 large meals. Congee Soup Chinese rice soup cup white or sushi rice 2 cups chicken or vegetable brothSalt to tasteCombine rice and bring to a boil. Lower the heat and half cover the pot. Cook at a slight boil. Stir every so often
and scrape the bottom of the pot to prevent rice from sticking. Simmer 1 to 2 hours. Cook until the grains burst and become thick oatmeal consistency. Season with salt for taste. Can flavor as desired e.g. ginger, soy sauce or sesame oil. Sample menuThis is a sample menuThis is a sample meal plan to follow if you have diarrhea. It is low in dietary fiber and high in soluble
toast1 tablespoon peanutbutter1 tsp jelly2 rice crackers1 oz cheese1/2 cup applesauce1 cup vanilla yogurtNutrientsCalories 1946.Protein 101 gm.Fat 54 gm.Dietary fiber 10 gm.Talk with your care team about your diet and tell them right away if you have diarrhea.
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Low fiber cat food for diarrhea. Low fiber food for diarrhea. Why low fiber for diarrhea. Is	low fiber diet good for diarrhea. Low fiber diet for	stomach pain. Low or high fiber diet for diarrhea.