

# LOW FIBER DIET

## YOU MAY HAVE:

### SWEETS:

Sugar                      Honey  
or  
Syrup                      Clear jelly  
Hard candy              Plain chocolate  
Marshmallows

### DESSERTS

Plain cookies            Coffee substitute  
containing  
Gelatin                    Custards  
listed as  
Puddings                Plain ice cream  
Sherbert                 Fruit juices (not prune)  
Strained fruit whips    Rennel desserts

### BEVERAGES

Coffee                    Coffee substitute  
per day.  
Tea                        Cocoa  
Chocolate                Fruit juices (no prune)  
Milk drinks              Postum  
Carbonated beverages

### BREADS

Enriched white bread and rolls  
seeds  
Light rye bread  
Plain sweet rolls  
Plain quick breads, corn bread  
Pancakes, waffles  
Crackers - white flour, no seeds  
Melba toast  
Rusks, zwieback

### CEREAL PRODUCTS

Cream of rice            Cream of wheat  
Farina                    Malt-o-Meal  
Oatmeal                  Cornmeal  
Grits                      Cheerios  
Corn Flakes              Puffed Rice  
Rice Krispies            Special

### POTATOES AND SUBSTITUTES

White and sweet potatoes  
(no skins)  
chips,  
White rice                Egg noodles  
Macaroni                 Spaghetti noodles  
Hominy

## AVOID:

Candy containing nuts, seeds, coconut, skins  
fruits not listed as permitted.

Desserts with graham cracker crumbs or  
coconuts, nuts, seeds, skins, or fruits not  
permitted

More than 2 servings of alcoholic beverages

Prune juice

All bread products containing nuts, coconut  
dried fruits, raisins, whole grain flour.

Whole grain cereals, cereals containing bran

Brown or wild rice, Fried potatoes, potato  
potato skins.

## YOU MAY HAVE:

### MISCELLANEOUS

Salt	Herbs & Spices (in moder.)
Catsup	Mustard
Vinegar	Gravy (in moder.)

### VEGETABLES - cooked or canned

Asparagus tips	Beets
as	
Carrots	Green beans
Mushrooms	Chard
Tomato juice	Tomatoe sauce
Peas	Pumpkin
Spinach	Wax beans
Winter squash	Vegetable juice

### FRUIT

All fruits except prunes  
except

Bananas (fresh)

Avocados (fresh)

**The following cooked or canned without  
tough membraines, seeds or skins:**

Apple sauce	Baked apple, peeled
Apricots	Royal Anne cherries
Grapefruit sections	Orange sections
Peaches	Pears

### MEAT AND SUBSTITUTES

Lean and tender (boiled, baked and broiled)  
Strongly flavored or

Beef	Poultry
Pork	Lamb
Veal	Fish
Organ meats	Broiled crisp bacon
Canned tuna	Canned salmon
Eggs	Yogurt
Mild cheeses	Tofu
Creamy peanut butter	
Butter	Margarine
Mayonnaise	Mild/plain salad dressings

### SOUPS

Broth

Bouillon

Meat, vegetable or creamed soups made from  
allowed ingredients

## AVOID:

All raw vegetables, All vegetables not listed

permitted

Prune juice , all dried fruits, all raw fruits

banan and avocado.

Tough meats, Nuts of any type,

aged cheeses