

# Fiber-Restricted Diet

## Why follow a fiber-restricted diet?

You may need to decrease the amount of fiber in your diet temporarily while you are experiencing diarrhea and abdominal cramping. You can gradually introduce foods back into your diet once your symptoms disappear.

**Dietitian name**  
**Phone number**



AMERICAN DIETETIC ASSOCIATION

## IMPORTANT POINTS TO KEEP IN MIND

- Avoid any food made with seeds, nuts, and raw or dried fruit.
- Follow this diet on a temporary basis only. Once your symptoms disappear, gradually introduce foods back into your diet.
- You may experience difficulty tolerating milk or milk products. Talk with your doctor or dietitian about how much milk to include in your diet.

## NOTES:

## SAMPLE MENU FOR A FIBER- AND RESIDUE-RESTRICTED DIET

### BREAKFAST

Strained orange juice ( $\frac{1}{2}$  cup)  
Puffed rice cereal ( $\frac{1}{2}$  cup)  
with ripe banana  
(1 small)  
White bread toast (2 slices)  
with margarine (2 tsp)  
and jelly (1 tbsp)  
Milk (1 cup)  
Coffee or tea (as tolerated)

### LUNCH

Tomato soup (made with  
water) (1 cup) with  
saltine crackers (2)  
Lean hamburger (3 oz) on  
bun (1) with mustard  
and ketchup (1 tbsp  
each)  
Canned fruit cocktail ( $\frac{1}{2}$  cup)  
Milk (1 cup)

### SNACK

Vanilla wafer cookies (4)  
Apple juice

### DINNER

Broiled skinless chicken  
breast (3 oz)  
White rice ( $\frac{1}{2}$  cup)  
Canned green beans ( $\frac{1}{2}$  cup)  
White roll (1) with margarine  
(2 tsp)  
Low-fat frozen yogurt ( $\frac{1}{2}$  cup)  
Coffee or tea (as tolerated)

## Fiber-Restricted Diet

Food Categories	Foods Recommended	Foods That May Cause Distress	Tips
<b>BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day</b>			
Serving Size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta, ½ bun, bagel, or English muffin	Refined breads, rolls, biscuits, muffins, crackers, pancakes, and waffles Refined ready-to-eat cereals including grits and farina Refined cold cereals including puffed rice and puffed wheat, corn flakes White rice and refined pasta	Any bread product made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal, any cereal with seeds, nuts, coconut, or dried fruit	Buy breads and cereals made from refined wheat and rice. Avoid whole-grain products with added bran.
<b>VEGETABLES 3–5 servings each day</b>			
Serving size = ½ cup cooked, ¾ cup juice	Most well-cooked and canned vegetables without seeds; lettuce if tolerated Strained vegetable juice	Raw vegetables and vegetables with seeds, sauerkraut, winter squash, peas, and corn	Remove skin from vegetables before cooking.
<b>FRUITS 2–4 servings each day</b>			
Serving size = ½ cup cooked or canned, ¾ cup juice	Most canned or cooked fruits, applesauce, ripe bananas, melons, peeled apples, oranges and grapefruit sections with membranes removed, strained fruit	Dried fruit, all berries, raw fruits with membranes and seeds, kiwi, grapes	Buy juices without the pulp Remove peel and membranes from fruit
<b>MILK, YOGURT, AND CHEESE 2–3 servings each day</b>			
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, or 2 oz processed cheese	Milk, cheese, cottage cheese, and yogurt (as tolerated)		
<b>MEATS, POULTRY, FISH, DRY BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or total of 6 oz daily</b>			
Serving size—2–3 oz cooked; count 1 egg as 1 oz of meat	Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, and organ meats, creamy peanut butter Eggs	Tough fibrous meats with gristle, any meat prepared with whole-grain ingredients, seeds, or nuts Dry beans, peas, and lentils Chunky peanut butter	Marinate meats in juice or wine for added flavor.
<b>FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES</b>			
	Margarine, butter, vegetable oils, mayonnaise, bacon, plain gravies, and salad dressing Bouillon, broth, or cream soups made with allowed ingredients Plain cakes and cookies, pie made with allowed fruits, plain sherbet, fruit ice, gelatin, custard, frozen fruit pops, jelly, plain hard candy, marshmallows, frozen yogurt, and ice cream Coffee, tea, and carbonated beverages (as tolerated)	Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit Nuts, seeds, and popcorn, pickles Jam and marmalade	Season with spices and herbs for added flavor and variety. You may have trouble tolerating caffeine, many spices, fatty foods, prune juice and alcohol. Limit these ingredients and foods if they cause increased bowel movements.