

Fiber Restricted Diet



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This diet eliminates foods which produce a high fecal residue, such as most raw fruits and vegetables, some cooked fruits and vegetables, prune juice, whole grain breads and cereals. It controls the amounts of foods which produce a moderate amount of residue such as milk and some fruits and vegetables.

Beverages

Foods allowed: Coffee, tea, carbonated beverages, apple juice, 2 cups milk daily, yogurt, low residue supplements, i.e., Ensure.

Foods not recommended: Prune juice, yogurt containing fruit & alcoholic beverage, unless approved by your physician.

Protein Group

Meats allowed: Tender, lean beef, chicken, fish, lamb, liver, turkey, shellfish, veal and other lean meats.

Meats not recommended: Tough fibrous meats with gristle, i.e. beef chuck and blade steak.

Eggs: Prepared in any form with allowed ingredients.

Cheese: Cottage cheese, cheddar, American & creams cheeses are okay.

Meat substitute: Tofu.

Vegetables

Vegetables allowed: None

Fruits

Fruits allowed: Apple juice.

Fruits not recommended: All fresh, frozen or canned fruit.

Bread

Breads allowed: Enriched white bread, Melba toast, rolls made from refined flour and any refined mixes for waffles, pancakes and biscuits.

Breads not recommended: Any unrefined bread or bread products, such as whole grain or bran products.

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Starches

Starches allowed: Any refined products, such as pasta, white rice, and tapioca. Refined flours, i.e. soybean, potato (no skin).

Starches not recommended: Any refined product, i.e., brown rice, wheat germ, corn grits, hominy, bulgur, whole grain, barley, popcorn, unrefined flours, i.e., wheat, rye, oat, coarse ground meal. All dried beans and legumes.

Fats/Oils

Fats/Oils allowed: Butter, margarine, salad oil, mayonnaise, cream, crisp bacon, plain gravies and dressings.

Fats/Oils not recommended: Nuts, olives, coconuts and seeds.

Soups

Soups allowed: Strained soups or any soups made from allowed foods, broth or bouillon.

Soups not recommended: All other soups.

Dessert

Dessert allowed: Plain cookies, cakes, gelatin (yellow or green only), ice cream, and sherbet, popsicles (yellow or green only).

Dessert not recommended: Coconut, nuts, chocolate nut bars, peanut brittle and any other foods not allowed.

Miscellaneous

Miscellaneous allowed: Arrowroot, candy, jellybeans, marshmallows, plain hard candy, cornstarch, gelatin, honey, molasses, sugar, tomato sauce, catsup, vinegar, prepared mustard, herbs, spices, horseradish, meat tenderizer, MSG, Accent, soy sauce, Worcestershire sauce and brewers yeast.

Miscellaneous not recommended: Pickles and relishes.

