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LOW FIBER DIET

Fiber is the part of fruits, vegetables, and grains not digested by your body. A low-fiber diet limits these foods and, in doing so, limits the amount of undigested materials that pass through your large intestine and lessens stool bulk. A low-fiber diet may be recommended for a number of conditions or situations.

A low-fiber diet is sometimes called a restricted-fiber or low-residue diet. Residue simply means any food, including fiber, that isn't digested, and remains in the intestines.

When is a low fiber diet prescribed?

Your doctor may prescribe a low-fiber diet if there is narrowing of the bowel due to a tumor or an inflammatory disease; if you have colitis; after bowel surgery; or when treatment, such as radiation, damages or irritates to the gastrointestinal tract. As your digestive system returns to normal, you usually can slowly add more fiber back into your diet.

The following foods are generally allowed on a low-fiber diet:

Enriched white bread or rolls without seeds

White rice, plain white pasta, noodles and macaroni

Crackers

Refined cereals such as Cream of Wheat

Pancakes or waffles made from white refined flour

Most canned or cooked fruits without skins, seeds or membranes

Fruit and vegetable juice with little or no pulp, fruit-flavored drinks and flavored waters

Canned or well-cooked vegetables without seeds, hulls or skins, such as carrots, potatoes and tomatoes

Tender meat, poultry and fish

Eggs

Tofu

Creamy peanut butter — up to 2 tablespoons a day

Milk and foods made from milk, such as yogurt, pudding, ice cream, cheeses and sour cream — up to 2 cups a day, including any used in cooking

Butter, margarine, oils and salad dressings without seeds

Desserts with no whole grains, seeds, nuts, raisins or coconut

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You should avoid the following foods:

Whole-wheat or whole-grain breads, cereals and pasta
Brown or wild rice and other whole grains such as oats, kasha, barley, quinoa
Dried fruits and prune juice
Raw fruit, including those with seeds, skin or membranes, such as berries
Raw or undercooked vegetables, including corn
Dried beans, peas and lentils
Seeds and nuts, and foods containing them
Coconut
Popcorn

If you're eating a low-fiber diet, a typical menu might look like this:

Breakfast:

1 glass milk
1 egg
1 slice of white toast with smooth jelly
1/2 cup canned peaches

Snack:

1 cup yogurt

Lunch:

1 to 2 cups of chicken noodle soup
Soda crackers
Sandwich of drained tuna with mayonnaise or salad dressing on white bread
Canned applesauce
Flavored water or iced tea

Snack:

White toast, bread or crackers
2 tablespoons creamy peanut butter
Flavored water

Dinner:

3 ounces lean meat, poultry or fish
1/2 cup white rice
1/2 cup cooked vegetables, such as carrots or green beans
1 enriched white dinner roll with butter
Hot tea

Prepare all foods so that they're tender. Good cooking methods include simmering, poaching, stewing, steaming and braising. Baking or microwaving in a covered dish is another option. Try to avoid roasting, broiling and grilling — methods that tend to make foods dry and tough. You may also want to avoid fried foods and go easy on spices.

Keep in mind that you may have fewer bowel movements and smaller stools while you're following a low-fiber diet. To avoid constipation, you may need to drink extra fluids. Drink plenty of water unless your doctor tells you otherwise, and use juices and milk as noted.

Results

Eating a low-fiber diet will limit your bowel movements and help ease diarrhea or other symptoms of abdominal conditions, such as abdominal pain. Once your digestive system has returned to normal, you can slowly reintroduce fiber into your diet.

Risks

Because a low-fiber diet restricts what you can eat, it can be difficult to meet your nutritional needs. Therefore you should use a low-fiber diet only as long as directed by your doctor. If you must stay on this diet for a longer time, consult a registered dietitian to make sure your nutritional needs are being met.

Diet courtesy of: The Mayo Clinic, <http://www.mayoclinic.com/health/low-fiber-diet/MY00744>

To learn more of G.I. Excellence, Inc.'s intestinal healthcare seminars, education videos, procedures and technology, visit our website at www.gi-excellence.com.