



FIBER-RESTRICTED DIET

Purpose of the diet: to decrease the frequency and volume of bowel movement while increasing time in the intestines.

Description of the diet: a fiber-restricted diet that allows a small amount of cooked, canned or very ripe fruits and cooked or canned vegetables. Refined breads and cereals replace whole grain foods that have high fiber content. Legumes, seeds and nuts are not allowed.

Guidelines:

- Caffeine, spices, fat, lactose and alcohol intake should be monitored. These foods may increase the number of bowel movements.
- Intake of fiber may be as low as 10 grams per day.

Food List:

- **Fruits:** most canned or cooked fruits, ripe banana, and strained juices.
- **Vegetables:** most cooked vegetables without seeds to include asparagus and spinach, lettuce, and strained juice.
- **Breads and cereals:** only white or refined bread, rolls, biscuits, muffins, crackers, pancakes, waffles, refined cooked cereals to include grits and cream of wheat, and refined cold cereals to include puffed rice and corn flakes.
- **Pasta and rice:** refined pasta and white rice.
- **Starchy vegetables:** cooked white and sweet potatoes without the skin.
- **Meat and meat substitutes:** ground or well-cooked tender beef, ham, pork, fish, poultry, organ meats, eggs and creamy peanut butter.
- **Milk and Milk Products:** milk, plain or flavored yogurt, pudding, and cheese.
- **Other:** margarine, salad dressing, mayonnaise, bacon, plain sherbet, fruit ice, popsicles, gelatin, plain hard candy, marshmallows, syrup, sugar and sweets made with all-purpose flour.