Why is fiber limited in your diet? It is limited to avoid irritation of the intestinal tract and to reduce the frequency and total volume of fecal material.

What is fiber? Fiber refers to the portion of carbohydrates (starch) not capable of being digested. Fiber containing foods generally include raw or dried fruits, vegetables, whole-grains, legumes, and nuts.

What is residue? Residue refers to the indigestible content of food. Residue containing foods generally increase the fecal residue and stool weight and are therefore limited. Foods that are high in residue include fruits, tough and fibrous meats with gristle, and vegetables. Orange juice, lettuce and chocolate are eliminated as diet progresses because these foods have been associated with increased stool volume.

How long will you be on a Strict Low Fiber Diet? You may advance to a moderate fiber and residue diet as intestinal function improves. Your physician will advise you on the length of time that you must remain on a low fiber diet. Generally, this diet is temporarily used until digestive processes normalize; then you can advance to your regular diet, only avoiding foods that you cannot normally tolerate.

KEY PRINCIPLES
- This diet contains foods that are low in dietary fiber and are non-irritating to the digestive tract.
- Highly seasoned foods are to be avoided.
- Your physician will advise you on the length of time that you must remain on a low fiber diet. Generally, this diet is temporarily used until digestive processes normalize; then you can advance to your regular diet, only avoiding foods that you cannot normally tolerate.
GENERAL GUIDELINES

- Allow milk and dairy products as tolerated.
- Limit fruits to the following: canned fruits and ripe bananas, all juices without pulp, except prune and orange juice.
- Limit vegetables to white potato without skin. The diet will be advanced to include: sweet potato without skin, cooked and skinned carrots, cooked and mashed butternut squash, tomato sauce, and vegetable juice.
- Use only white or refined bread and cereal products prepared without seeds and nuts (white bread, rolls or crackers, bagels, waffles, French toast, white rice, macaroni, noodles, spaghetti, cooked hot cereals (Farina, Cream of Wheat, Cream of Rice or Oatmeal), Corn Flakes®, Rice Krispies®, Puffed Rice®, Cheerios®, and Special K®).
- Use ground, well-cooked or tender beef, lamb, ham, veal, pork, poultry, fish and eggs. Avoid fried and tough, fibrous meats with gristle and highly seasoned luncheon meats and sausages.
- Sweets and desserts such as sugar, syrup, honey, jelly, plain hard candies, gumdrops, jelly beans, gelatin, fruit/water ices, popsicles, and cakes and cookies without fruit or nuts allowed.
- Do not eat peanuts, coconut, nuts, seeds, popcorn, or chocolate.
- Coffee, tea, fruit punch may be consumed. Let carbonated beverages get flat before drinking.
- Finely ground spices and herbs may be used. Avoid highly seasoned foods and garlic if you have an ostomy.
- A standard, over-the-counter multivitamin with minerals is recommended.

MEAL PLANNING GUIDELINES

<table>
<thead>
<tr>
<th>Food Group</th>
<th>CHOOSE</th>
<th>AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, milk products as tolerated</td>
<td>Milk beverages, smooth yogurt or milk desserts without fruit or nuts</td>
<td>Chocolate milk, cocoa, chocolate desserts, fruit yogurt</td>
</tr>
<tr>
<td>Meat or substitute (8 oz. or more daily)</td>
<td>All lean, tender meats, poultry, fish, eggs, cheese, smooth peanut butter</td>
<td>Tough meat, skin of prepared meats (hot dogs, sausages), poultry skin, crunchy peanut butter, beans and legumes</td>
</tr>
<tr>
<td>Breads, cereals and starches</td>
<td>White or refined bread and cereal products prepared without seeds and nuts (white bread, rolls or crackers, bagels, waffles, French toast, white rice, macaroni, noodles, spaghetti, white refined hot cereals, corn and rice cereal, Cheerios®, and Special K®)</td>
<td>Dark or whole grain flour, breads, cereals and crackers, bran, wheat germ, brown rice, popcorn, raisin bread, corn chips, granola</td>
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</tbody>
</table>
# MEAL PLANNING GUIDELINES

<table>
<thead>
<tr>
<th>Food Group</th>
<th>CHOOSE</th>
<th>AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (2 servings)</td>
<td>Cooked white potato without skin. Diet is progressed to cooked sweet potato without skin, cooked and skinned carrots, mashed butternut squash, and tomato sauce.</td>
<td>Broccoli, Brussels sprouts, cabbage, mustard greens, mushrooms, parsnips, sauerkraut, winter squash, cauliflower, green pepper, dried beans, corn, lentils, okra, lima beans, peas, potato skins, onion, rhubarb, turnip, spinach, split peas.</td>
</tr>
<tr>
<td>well cooked</td>
<td>1 serving = ½ cup</td>
<td></td>
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<tr>
<td>Fruit (3 servings)</td>
<td>Juices without pulp (except orange juice), canned peaches, pears, applesauce, ripe bananas, skinned and baked apples</td>
<td>All raw fruits (except ripe banana), blackberries, cranberries, blueberries, cherries, raspberries, loganberries, currants, dried dates, figs, prunes, prune juice, raisins</td>
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<tr>
<td>1 serving = ½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fats (in moderation)</td>
<td>Margarine, butter, cream, oil, mayonnaise, crisp bacon, plain salad dressings, plain gravy</td>
<td>Nuts, seeds, olives</td>
</tr>
<tr>
<td>Sweets and desserts</td>
<td>Sugar, syrup, honey, jelly, plain hard candies, gum drops, jelly beans, fruit and water ices, popsicles, plain cakes and cookies without fruits and nuts</td>
<td>All sweets and desserts containing nuts, seeds, fruits, coconut, chocolate, jam, preserves, or marmalade</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Coffee, tea, decaf coffee, flat carbonated beverages, sugar, salt, pepper, lemon, vinegar, Kool-Aid®, Hawaiian Punch®, fruit drinks without pulp, sport drinks, allspice, basil, bay leaves, cinnamon, ginger, marjoram, turmeric, onion, cumin, celery powder, oregano, paprika, parsley flakes, rosemary, sage, thyme, tarragon</td>
<td>Drinks made from vegetables, fruits or other foods not allowed; soup made from restricted vegetables; garlic, pickles, relish, seed spices, peppercorns, all spices and herbs not on allowed list</td>
</tr>
</tbody>
</table>

Strict Low Fiber-KL

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SAMPLE MENU

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup apple juice</td>
<td>Sliced turkey sandwich on white bread with Mayonnaise 1 cup milk</td>
<td>Sliced roast beef with gravy Mashed potato 1 slice refined wheat bread Margarine</td>
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<tr>
<td>Scrambled egg</td>
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<td></td>
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<tr>
<td>Cream of Wheat®</td>
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<tr>
<td>White toast with margarine and jelly</td>
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<tr>
<td>½ cup milk</td>
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<td></td>
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<tr>
<td>Coffee or tea</td>
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</tbody>
</table>

Snack
- Gelatin
- 2 sugar cookies

RECIPE

Down Home Macaroni and Cheese
(All recipes; submitted by Kraft Foods
http://pasta.allrecipes.com/az/DwnHmMcrnindChs.asp)

Serves: 6

Ingredients:
- ¼ cup Butter or margarine
- ¼ cup Flour
- 1 teaspoon Salt
- 2 cups Milk, (1% or non fat)
- ¼ lb. Velveeta ® pasteurized prepared cheese , cut up
- 8 ounces Kraft ® shredded cheddar cheese
- 2 cups Elbow macaroni, cooked and drained
- 2 tablespoons Seasoned dry breadcrumbs

Method of Preparation:
1. Melt 3 tablespoons of the butter in a large saucepan on low heat. Blend in flour and salt; cook and stir 1 minute. Gradually add milk; cook, stirring constantly, until thickened.
2. Add prepared cheese product and 1-½ cups of the shredded cheese; stir until melted. Stir in macaroni.
3. Pour into lightly greased 1 ½ quart casserole. Melt remaining 1-tablespoon butter; toss with breadcrumbs. Sprinkle casserole with remaining ½ cup cheese and breadcrumb mixture.
4. Bake at 350° F for 20 minutes or until thoroughly heated.
FURTHER RESOURCES

WEBSITES:

American Dietetic Association: www.eatright.org

BOOKS:


Guide to Better Digestion

ORGANIZATIONS:

Crohn’s and Colitis Foundation of American
New England Chapter
280 Hillside Avenue
Needham, MA  02494
(800) 314-3459 or (781) 449-0324
Email: ne@ccfa.org

If you have further questions about your diet, you may call the Rhode Island Hospital Nutrition Hot Line. A Registered Clinical Dietitian will return your call.

HOT LINE NUMBER:  444-4526