

Low Fiber Diet

Foods you may have:

- ✓ Pasta- without sauce
- ✓ Chicken – baked
- ✓ Fish – baked
- ✓ Soups – water-based only
- ✓ Baked potatoes – without skin
- ✓ Rice
- ✓ Poached or boiled eggs
- ✓ Fruit juice – clear
- ✓ White bread – biscuits, rolls, etc.
- ✓ Soda crackers

Foods you need to avoid:

- ✓ Raw fruits
- ✓ Raw vegetables
- ✓ Red meat
- ✓ Milk
- ✓ Cereals
- ✓ Whole grain breads
- ✓ Nuts

If you have any questions or concerns, please feel free to call:

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