

Low-fiber diets limit the amount of fiber a person consumes daily. Fiber is made of non-starch polysaccharides and resistant starches that cannot be digested. A low-fiber diet is necessary if a patient has undergone intestinal or rectal surgery, has colitis, irritable bowel disorder, or a GI obstruction. A low-fiber diet limits the types of grains, fruits and vegetables one can consume as part of their diet.

Low Fiber Foods to Enjoy

Low Fiber Grains: French, Italian, rye or white bread, oyster crackers, saltine crackers, animal crackers, pancakes, Farina, Cream of Wheat, waffles, and white pastas

Low Fiber Vegetables: zucchini, cucumber, asparagus (base cut off), mushrooms, shredded lettuce, cooked spinach, beets, grilled or baked eggplant (no breading), green beans, and cooked carrots

Low Fiber Fruits: cantaloupe, honeydew melon, watermelon, nectarines, peaches, plums, applesauce and cherries

Low Fiber Protein: all proteins have little fiber content: eggs, fish, tender meats, tofu, creamy peanut butter, chicken, and turkey

Low Fiber Dairy: Up to 1 cup of milk per day, Plain or flavored yogurt

Foods to Limit

Grains: Whole-wheat or whole-grain breads, cereals, and pasta, brown or wild rice, oats, kasha, barley and quinoa, popcorn, oat bran muffins, and bran flakes

Vegetables: artichokes, green peas, broccoli, turnips, Brussels sprouts, sweet corn, tomatoes, and raw carrots

Legumes: split peas, lentils, black beans, lima beans, baked beans, sunflower seeds, almonds, pistachios, and pecans

Fruits: raspberries, pears, apples, bananas, oranges, strawberries, figs, and raisins

Dairy: Yogurt with chunks of fruit

Protein: tough fibrous meats and chunky peanut butter

Sample Meals

Breakfast

Quick Breakfast

- 1 Egg: hard boiled, scrambled or poached
- 1 slice of white toast with smooth jelly
- Cantaloupe
- Tea or coffee
- Bowl of cereal: corn flakes, Special K, Kix, Cocoa Krispies, Rice Krispies, Frosted Flakes, or Cheerios

Eggs Benedict:

Ingredients:

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| 4 egg yolks | 1/4 teaspoon salt |
| 3½ tablespoons lemon juice | 8 eggs |
| 1 pinch ground white pepper | 1 teaspoon distilled white vinegar |
| 1/8 teaspoon Worcestershire sauce | 8 strips Canadian-style bacon |
| 1 tablespoon water | 4 English muffins - must be white |
| 1 cup butter melted | 2 tablespoons butter softened |

Directions

1. To make Hollandaise: Fill the bottom of a double boiler part-way with water, be sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.
2. Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If Hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.
3. Preheat oven on broiler setting. To poach eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2½ to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate
4. While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.
5. Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately

Lunch

Quick Lunch

- Turkey and cheese sandwich with lettuce on white bread with condiment of choice
- Applesauce
- Chicken noodle soup with crackers [saltines or oyster crackers]

Grilled Zucchini Stuffed with Couscous and Spinach

Ingredients:

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| 2 & 1/4 cup vegetable broth | 1 large shallot diced |
| 1 10-ounce bag of fresh spinach | 3/4 cup uncooked couscous |
| 3 tablespoons lemon juice [or juice of 1 lemon] | 4 medium zucchini |
| salt and pepper | |

Directions:

1. Cut each zucchini in half lengthwise and scoop out the seeds. Lightly sprinkle salt over each.
2. Place a nonstick sauté pan over high heat and add broth. Bring broth to a boil over high heat.
3. When broth boils, add spinach and shallots or onion. Reduce heat to medium. Cook 5 minutes, stirring occasionally. The spinach will cook down considerably.
4. Stir in uncooked couscous. Remove the pan from heat and cover. Let stand 5 minutes to cook the couscous.
5. When couscous is cooked, stir in lemon juice, olive oil, salt, and pepper.
6. Spoon the stuffing evenly into each zucchini half.
7. Place on a baking sheet and bake for 15 minutes.

Dinner

Quick Dinner

- Grilled chicken or fish
- 1/2 cup white rice
- Baked or grilled asparagus or zucchini

Cilantro Chicken Meatballs

Ingredients:

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| 1 lb. ground chicken breast | 2 scallions: diced |
| ½ teaspoon ground ginger (or 2 teaspoons freshly grated ginger) | ½ cup fresh cilantro chopped |
| 1 egg | ½ cup bread crumbs |
| | salt & pepper |

Directions:

1. Preheat oven to 350 degrees.
2. Mix all the ingredients together - best done with your hands to really mix well.
Form into desired size meatballs.
3. Place on cookie sheet that has been lightly oiled.
4. Bake until no longer pink in the middle about 15-20 minutes depending on size.
5. While meatballs cooking: heat marinara sauce on stove top and cook white pasta or rice to be served with meatballs

References

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