

Low Fiber/ Diverticular

A low-fiber diet may be prescribed for people with certain digestive problems, such as diverticulitis or inflammatory bowel disease, or after surgery. Fiber is the part of fruits, vegetables and grains not broken down by the body that contributes to stool. A low-fiber diet limits the amount of undigested materials that must pass through the large intestine and may help control abdominal cramping and diarrhea in some cases.

Note: Limit fruits and vegetables to one to two servings a day. One serving is ½ cup or one small whole fruit.

| Foods Allowed | Foods Not Allowed |
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| Enriched white bread. White rice. Plain pasta, noodles or macaroni. | Whole-grain breads, cereals and pasta. Brown or wild rice. |
| Cereals with no more than 1 gram of dietary fiber per serving. | |
| Most canned or cooked fruits without skins, seeds or membranes. Raw fruits without skin or membranes. Fruit juice with little or no pulp. | Dried fruits. Raw fruit with skin or membranes, such as oranges and grapefruit. Pears. |
| Canned or well-cooked vegetables without seeds, hulls or skins such as carrots or string beans. Beans. | Raw vegetables. Dried beans or peas. Baked beans. |
| Tender meat, poultry and fish. Eggs. | Luncheon meats and cheese with seeds. |
| Smooth peanut butter - up to 2 tablespoons a day. | Chunky peanut butter. |
| Milk, yogurt or cheese without seeds or nuts. | Seeds and nuts. |
| Fats, oils and dressings without seeds. | Coconut. Popcorn. |
| Desserts with no seeds or nuts. | |