

Low-Fiber Nutrition Therapy

Your doctor may order low-fiber nutrition therapy for 7–10 days after your surgery. Low-fiber nutrition therapy reduces the frequency and volume of stools. This lessens irritation to the gastrointestinal (GI) tract and can help it heal. Use this diet if there is a stricture in the intestine to avoid formation of blockages.

Conditions that may require low-fiber nutrition therapy:

- Crohn's disease
- Diverticulitis
- Ulcerative colitis
- Radiation therapy to the pelvis and lower bowel
- New colostomy/ileostomy
- Recent intestinal surgery

TIPS

- If you are lactose intolerant, you may need to consume low-lactose dairy products or avoid dairy foods completely.
- Take supplements if they are recommended by your doctor or registered dietitian (RD). Use chewable or liquid supplements for better absorption. These are necessary if you have a stricture.

FOODS RECOMMENDED

- **Milk and Milk Products**
 - > Milk or lactose-free milk
 - > Buttermilk and kefir
 - > Yogurt, lactose-free yogurt, or soy yogurt without nuts, fruit, or granola or chocolate mix-ins
 - > Mild cheese
 - > Cottage cheese or lactose-free cottage cheese
 - > Soy milk, rice milk, or almond milk (these are lactose free)
 - > Sherbet
- **Meat and Other Protein Foods**
 - > Tender, well-cooked beef, pork, poultry, or fish
 - > Eggs, cooked until yolk is solid
 - > Smooth nut butters (such as peanut, soy, almond, or sunflower)
 - > Tofu
- **Grains**

Note: Choose grain foods with less than 2 grams (g) of dietary fiber per serving.

- > Refined white flour products—for example, enriched white bread without seeds; pancakes/waffles; and crackers made with refined white flour

- > Cream of wheat
- > Grits (fine ground)
- > White bread, pasta, and rice
- > Cold and hot cereals made from white or refined flour

- **Vegetables**

- > Canned and well-cooked vegetables without seeds, skins, or hulls
- > Mashed potatoes
- > Vegetable juice

- **Fruits**

- > Canned, soft, and well-cooked fruits without skins, seeds, or membranes
- > Fruit juice without pulp

- **Fats and Oils**

Note: Limit fats to less than 8 teaspoons a day. When possible, choose healthy oils and fats, such as canola and olive oils.

- > Butter
- > Oils
- > Cream
- > Cream cheese
- > Margarine
- > Mayonnaise

- **Other**

- > Broth and strained soups made from allowed foods
- > Desserts (small portions) without whole grains, seeds, nuts, raisins, or coconut



FOODS **NOT** RECOMMENDED

- **Milk and Milk Products**
 - > Milk and foods made with milk, if you are lactose intolerant
 - > Yogurt with added fruit, nuts, or granola or chocolate mix-ins
- **Meat and Other Protein Sources**
 - > Tough meat, meat with gristle, or fatty meats
 - > Fried meat, poultry, or fish
 - > Luncheon meats such as bologna and salami
 - > Sausage, bacon, or hot dogs
 - > Dried beans, peas, or lentils
 - > Sushi
 - > Nuts
 - > Chunky nut butters
- **Grains**
 - > Whole wheat bread
 - > Brown rice, quinoa, kasha, barley
 - > Whole wheat pasta
 - > Whole grain and high-fiber cereals, including oatmeal or whole oats
 - > Popcorn
- **Vegetables**
 - > Raw or undercooked vegetables
 - > Alfalfa or bean sprouts
 - > Cooked greens or spinach
 - > High-fiber vegetables such as peas and corn
 - > Gas-forming vegetables, including:
 - > Beets
 - > Broccoli
 - > Brussels sprouts
 - > Cabbage and sauerkraut
 - > Lima beans
 - > Mushrooms
 - > Okra
 - > Onions
 - > Parsnips
 - > Peppers
 - > Potato skins
- **Fruits**
 - > Raw fruit
 - > Berries
 - > Dried fruit
 - > Fruit juice with pulp
 - > Prune juice
 - > Fruit skin
- **Fats and Oils**
 - > Coconut
 - > Avocado



LOW-FIBER SAMPLE 1-DAY MENU

- **Breakfast**
 - > 1 egg, scrambled
 - > 1/2 cup cream of wheat or fine-ground grits
 - > 1 slice white toast
 - > 1 teaspoon margarine
- **Morning Snack**
 - > 6 saltine crackers
 - > 1 cup lactose-free milk
- **Lunch**
 - > 1 cup chicken noodle soup
 - > 1/2 cup apple juice
 - > 6 saltine crackers
 - > 3 tablespoons tuna salad
 - > 2 slices bread
 - > 2 tablespoons mayonnaise
- **Afternoon Snack**
 - > 1/2 cup canned peaches
 - > 1/2 cup cottage cheese, lactose-free
- **Dinner**
 - > 1/2 cup cooked canned green beans
 - > 1/2 cup peach mango juice
 - > 1 cup chicken breast
 - > 1 soft, white dinner roll
 - > 1 cup white rice