

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RDN/NDTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Fiber-Restricted (13 grams) Nutrition Therapy

A fiber-restricted diet contains less than 13 grams of fiber daily. Your registered dietitian nutritionist (RDN) or health care provider may suggest you eat less fiber if you have Crohn's disease or ulcerative colitis and are in a flare or are taking prednisone or budesonide medications. You might also be prescribed this diet if you have irritable bowel syndrome with diarrhea or if you are recovering from gastrointestinal surgery. As your symptoms and condition get better, your RDN or health care provider will help you add more fiber to your diet. It's also important to eat enough protein foods while you are on a fiber-restricted diet.

A fiber-restricted diet includes limited amounts of foods that your body cannot digest. This diet should help you slow the movement of food in your intestines and lower the amount and bulk of your stool. It may also help with your diarrhea, stomach pain, gas and bloating.

A fiber-restricted diet may be low in some nutrients, because a variety of foods are limited to reduce symptoms. Take a chewable multivitamin with minerals to make sure you are getting enough nutrients. You might need calcium with vitamin D supplements too if you're not able to eat enough calcium and vitamin D in your diet.

### Tips

- Eat about 5 to 6 small meals or about every 3 or 4 hours daily.
- Eat a protein food or dairy product at every meal or snack if your body can tolerate it. See the Foods Recommended table for ideas.
- Avoid acidic, spicy, fried, greasy and high-fat foods.
- You may need to limit foods/beverages that contain:
  - Sugar
  - Lactose. Try lactose-free products to reduce symptoms of gas or bloating.
  - Fructose
  - High-fructose corn syrup
  - Sugar-free sweeteners such as aspartame, sucralose, or sorbitol
  - Caffeine
- Do not eat whole grains, seeds, fruit and vegetable peels or skins, whole nuts, raw vegetables, most raw fruits and the connective tissues of meats.
- If you have a stricture, avoid all whole grains, raw fruits and raw vegetables and switch to a low-fiber diet (less than 8 grams fiber daily).
- Take calcium with vitamin D supplements at a different time than the multivitamin with minerals.

- All vitamin and mineral supplements should be taken with food.
- Choose foods that have been safely handled and prepared to lower your risk of foodborne illness. Talk to your RDN or see the Food Safety Nutrition Therapy handout for more information.

These suggestions help most people with symptoms. However, if your symptoms get worse after eating specific foods on this list, you should stop eating them until you recover.

## Foods Recommended

These foods are low in fiber and may help your symptoms. However, if your symptoms get worse after eating specific foods on this list, you should stop eating them until you recover.

| Food Group           | Foods Recommended  |
|----------------------|--|
| <b>Grains</b>        | Grain foods with less than 2 grams fiber per serving<br>White flour<br>Bread, bagels, rolls, crackers, and pasta made from white or refined flour<br>Cold or hot cereals made from white or refined flour such as corn flakes, crispy rice, puffed rice, cream of wheat, cream of rice, or refined grits   |
| <b>Protein Foods</b> | Tender, well-cooked, lean meats made without added fat: beef, fish, lamb, pork, or poultry<br>Lean deli meats (heated to steaming)<br>Well-cooked eggs<br>Tofu<br>Smooth nut butters: almond, peanut, or sunflower   |
| <b>Dairy</b>         | If you have lactose intolerance, drinking milk products from cows or goats may make diarrhea worse. Foods marked with an asterisk (*) have lactose.<br>Buttermilk*<br>Fat-free, 1%, and 2% milk*<br>Lactose-free milk<br>Powdered milk and evaporated milk*<br>Fortified non-dairy milks: almond, cashew, coconut, or rice (be aware that these options are not good sources of protein so you will need to eat an additional protein food)<br>Fortified pea milk and soymilk (may cause gas and bloating in some people)<br>Yogurt* with live active cultures without fruit, granola, or nuts<br>Lactose-free yogurt<br>Kefir (many are 99% lactose-free) |

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|                   | <p>Cheese*: cheddar, Swiss, Parmesan (low-fat, block, hard and aged cheese are usually lower in lactose)</p> <p>Low-fat ice cream*</p> <p>Lactose-free ice cream</p> <p>Cottage cheese*</p> <p>Lactose-free cottage cheese</p>   |
| <b>Vegetables</b> | <p>See the Foods Not Recommended table for vegetables to avoid</p> <p>Well-cooked vegetables without seeds or skins</p> <p>Potatoes without skin: white, red and yellow</p> <p>Small amounts of sweet potatoes without skin may be added as fiber is increased in the diet</p> <p>Strained vegetable juice</p>   |
| <b>Fruit</b>      | <p>Fruit juice, except for prune juice</p> <p>Ripe bananas</p> <p>Melons: cantaloupe, honeydew or watermelon</p> <p>Peeled apple; a baked apple will have less fiber than a fresh apple</p> <p>Canned soft fruits in juice, avoid pineapple</p>  |
| <b>Oils</b>       | <p>Limit fats and oils to less than 8 teaspoons per day.</p> <p>Choose oils (olive, canola) more often than solid fats</p>   |
| <b>Beverages</b>  | <p>Healthy people need 8 to 10 cups of fluid each day which mainly is recommended to be plain water; coffee, tea and water with added flavor packets are not included in this recommendation as these often increase symptoms. You may need to drink more to replace fluids lost from diarrhea.</p> <p>Decaffeinated coffee</p> <p>Caffeine-free teas</p> <p>Rehydration beverages</p> |

## Foods Not Recommended

These foods are higher in fat and fiber and may make your symptoms worse.

| Food Group           | Food Choices   |
|----------------------|--|
| <b>Grains</b>        | Whole wheat or whole grain breads, rolls, crackers, or pasta<br>Brown or wild rice<br>Barley, oats, and other whole grains such as quinoa<br>Cereals made from whole grain or bran such as shredded wheat or bran flakes<br>Breads or cereals made with seeds or nuts<br>Popcorn |
| <b>Protein Foods</b> | Fried meat, poultry, or fish<br>Luncheon meats, such as bologna or salami<br>Sausage and bacon<br>Hot dogs<br>Fatty meats<br>Dried beans and peas; hummus<br>Nuts and seeds (coconut, chia seeds, flaxseeds)<br>Crunchy nut butters: almond or peanut                            |
| <b>Dairy</b>         | Whole milk*<br>Half-and-half*<br>Cream*<br>Sour cream*<br>Ice cream*<br>Yogurt* with fruit, granola, or nuts   |
| <b>Vegetables</b>    | All raw vegetables<br>Fried vegetables<br>Cooked beets; broccoli; brussels sprouts; cabbage; cauliflower; collard, mustard, and turnip greens; corn; dried beans; kale; lima beans; mushrooms; okra; onions; potato skins; spinach   |
| <b>Fruit</b>         | All fresh fruits, except fruits from the Foods Recommended table<br>All dried fruits, including prunes and raisins<br>Fruit juice with pulp<br>Canned fruit in heavy syrup<br>Any fruits sweetened with sorbitol<br>Prune juice  |
| <b>Beverages</b>     | Beverages containing caffeine: regular coffee, regular tea, soda, and energy drinks<br>Limit beverages containing high-fructose corn syrup to 12 ounces per day<br>Avoid beverages sweetened with sorbitol or other sugar substitutes<br>Alcoholic beverages                     |

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| <b>Others</b> | Sugar alcohols such as erythritol, mannitol, sorbitol, and xylitol<br>Sugar substitutes such as aspartame, and sucralose<br>Honey |
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Foods marked with an asterisk (\*) have lactose.

## Fiber-Restricted (13 grams) Sample 1-Day Menu

|                        |  |
|------------------------|--|
| <b>Breakfast</b>       | 1 cup puffed rice cereal (0.5 gram fiber)<br>1 cup lactose-free milk<br>1 ripe banana (2.5 grams fiber)  |
| <b>Morning Snack</b>   | 6 ounces lactose-free yogurt without fruit, granola, or nuts<br>2 graham cracker squares (0.5 gram fiber)<br>1 cup decaffeinated tea   |
| <b>Lunch</b>           | 2 slices white bread (1.5 grams fiber)<br>2 ounces turkey (heated until steaming)<br>1 teaspoon mayonnaise<br>1 teaspoon yellow mustard, if tolerated<br>1 cup chicken and rice soup (2 grams fiber) |
| <b>Afternoon Snack</b> | 6 saltine crackers (0.5 gram fiber)<br>1 ounces low-fat cheddar cheese<br>1 cup rehydration beverage   |
| <b>Evening Meal</b>    | 4 ounces baked fish<br>Squeeze of lemon juice<br>1 teaspoon olive oil<br>½ cup mashed potatoes without skin (1 gram fiber)<br>½ cup green beans, cooked well (2 grams fiber)<br>1½ cups water        |
| <b>Evening Snack</b>   | 6 saltine crackers (0.5 grams fiber)<br>1 tablespoon smooth peanut butter (1 gram fiber)   |