



**California Division North  
Nutritional Services  
Diet - Menu**

<b>Subject/Title: FIBER-RESTRICTED DIET Order As: LOFIB</b>
---

**GOALS OF DIETARY MANAGEMENT:**

To reduce the frequency and volume of fecal output while prolonging intestinal transit time and to prevent blockage of a stenosed gastrointestinal tract.

**DIET PRINCIPLES:**

The diet can be used during acute phases of ulcerative colitis, Crohn's disease, and diverticulitis and when stenosis of the intestine occurs. The diet may also be used preoperatively to minimize fecal volume and residue and postoperatively during the progression to a general diet. However, individual response, particularly in the patient with ulcerative colitis and Crohn's disease, must be monitored to avoid an overly restrictive regimen and to determine continued indications for using the diet.

**ADEQUACY:**

Vitamin and mineral supplementation may be indicated for individuals using the fiber-restricted diet or in those with suboptimal intakes and increased requirements resulting from illness. Strict reductions in vegetables and fruits may necessitate supplementation of vitamin C, folic acid, and other vitamins depending on actual intake.

**DESCRIPTION:**

In planning a fiber-restricted diet, indigestible carbohydrate intake is reduced by using limited amounts of well-cooked or canned vegetables and canned, cooked, or very ripe fruits, and by replacing whole-grain breads and cereals with refined products. Legumes, seeds, and nuts are omitted. Fiber restriction should be individualized to achieve the desired effect and to address individual food preferences and tolerances. Certain foods or ingredients that are low in fiber, including caffeine, many spices, fat, lactose, prune juice, and alcohol, may aggravate bowel problems by increasing the number of bowel movements or by exacerbating malabsorption. Adherence to the following guidelines generally results in a diet that contains less than 10 g fiber per day.

**GUIDELINES:**

FOOD GROUP	FOODS RECOMMENDED	FOODS NOT RECOMMENDED
MILK AND MILK PRODUCTS	Milk as tolerated,* plain or flavored yogurt, pudding, cheese	Yogurt containing seeds or fruit peels, seeded cheeses, pudding with nuts
BREADS	Refined breads, rolls, biscuits, muffins, crackers; pancakes, or	Any made with whole-grain flour, cracked wheat, bran, seeds, nuts

	waffles; plain pastries	coconut, or raw or dried fruits; cornbread; graham crackers
CEREALS	Refined cooked cereals including quick-cooking oatmeal, grits, and farina; refined cold cereals, such as puffed rice, puffed wheat, cornflakes	Oatmeal; any whole-grain, bran, or granola cereal; any containing seeds, nuts, coconut, or dried fruit
DESSERTS AND SWEETS	plain cakes and cookies made with all-purpose flour; pie made with allowed fruits; plain sherbet, fruit ice, frozen pops, gelatin, and custard; jelly, plain hard candy, and marshmallows; ice cream as tolerated,* molasses, sugar, and syrup	Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit; jam and marmalade
FATS	Margarine, butter, salad oils and dressings, mayonnaise; bacon; plain gravies	
FRUITS	Most canned or cooked fruits,* applesauce,* fruit cocktail,* ripe banana,* melons, peeled apples, orange/grapefruit sections with membranes removed; strained fruit juice/fruit drinks	Dried fruit; all berries; raw fruits with membranes and seeds, kiwi grapes; any juice containing fruit or vegetable pulp; prune juice*
MEATS AND MEAT SUBSTITUTES	Ground or well-cooked, tender beef, lamb, ham, veal, pork poultry, fish, organ meats; eggs; creamy peanut butter	Any made with whole-grain ingredients, seeds or nuts; dried beans, peas, lentils, legumes; chunky peanut butter
POTATO AND POTATO SUBSTITUTES	Cooked white and sweet potatoes without skin; white rice; refined pasta	All others
SOUPS	Bouillon, broth, or cream* soups made with allowed vegetables, noodles, rice, or flour	All others
VEGETABLES	Most well-cooked and canned vegetables without seeds,* except those excluded; lettuce if tolerated; strained vegetable juice	Sauerkraut, winter squash, peas and corn; most raw vegetables and vegetables with seeds
MISCELLANEOUS	Salt, pepper as tolerated, sugar, spices, herbs, vinegar, ketchup, mustard, coffee/tea as tolerated,	Nuts, coconut, seeds, and popcorn; pickles

carbonated beverages

\*These foods are low in fiber but may increase colonic residue; assess patient food tolerance and limit as needed. Note: Residue may be further reduced by excluding all fruits and vegetables, with the exception of strained juices and white potatoes without skin.