

Food Group	Foods Recommended	Foods to Avoid
Milk and Alternatives	Milk and milk beverages All cheeses Cream soups (without problem vegetables) Yogurt, sherbet, ice creams	Yogurt and ice cream containing nuts, seeds or fruits with seeds (e.g. strawberry, raspberry, blueberry and cherry)
Grain Products	All made from white refined flours without nuts, seeds, or dried fruit.  <b>Breads:</b> plain, white or rolls  <b>Crackers:</b> soda, melba toast, rusks or similar  <b>Cereals:</b> plain refined cereals, Rice Krispies®, Special K®, Corn Flakes®, puffed rice, cream of rice, cream of wheat, oatmeal  <b>Pasta &amp; Rice:</b> plain refined noodles, white rice, barley	Whole grain flours and baked products with nuts, seeds or dried fruit  <b>Breads:</b> rolls, crackers or cookies containing nuts, seeds or dried fruit  <b>Cereals:</b> bran, whole grain cereals, granola, steel cut oats, cereals with nuts or dried fruit.  <b>Pasta &amp; Rice:</b> Whole grain pasta, millet, quinoa, brown and wild rice
Meat and Alternatives	All meat, fish, poultry, cheese and eggs Shrimp, lobster, crab and other shell fish Tofu Eggs Well pureed hummus Smooth nut butter spreads (e.g. peanut butter, almond butter)	Legumes (lentils, dried beans, peas, soybeans) Nuts and seeds Processed meats with casings or skins (e.g. sausage, deli-made wieners) Chunky nut butter spreads
Fruits	<b>Fruit juice:</b> all except prune  <b>Canned fruit:</b> pears, peaches, mandarin oranges, apricots  <b>Whole fruit without skin, seeds or membranes:</b> apple, pear, banana, apple sauce apricots, cantaloupe, honeydew melon, grapefruit, peaches, nectarines, mango, plums, watermelon, oranges, papayas	<b>Fruit juice:</b> prune juice  <b>Dried fruit:</b> prunes, raisins, dates, figs, apricots, currants etc.  <b>Whole fruit with skins or seeds:</b> blackberries, blueberries, cherries, cranberries, raspberries, strawberries, grapes, kiwi, pineapple, rhubarb, fruit cocktail
Vegetables	<b>Well cooked vegetables without skins or seeds:</b> carrots, potatoes, parsnip, squash, beets and beet greens, green or wax beans, broccoli tips, cauliflower, asparagus tips, eggplant, pumpkin, rutabagas, turnip, tomato sauce, tomato paste, all vegetable juices  <b>Canned vegetables:</b> all but corn or mushrooms  <b>Other:</b> tomatoes cucumbers without skin and seeds, bottled and roasted red peppers	<b>All raw vegetables and stringy vegetables such as:</b> celery, brussel sprouts, cabbage, corn, mushrooms, onions, okra, peas, radish, sauerkraut, spinach, swiss chard, salads, Chinese vegetables (e.g. bok choy, bamboo shoots), fiddleheads, coleslaw  <b>Canned vegetables:</b> corn and mushrooms

Soups	Broth or cream soups with the allowed vegetables listed	Dry vegetable type soups
Fats and Oils	All oils, butter, margarine, cream cheese and mayonnaise	Nuts, seeds, coconut
Desserts and Snacks	<p>Plain candies, chocolate without nuts or dried fruit, seedless jam and jelly, honey, syrup</p> <p>Baked goods made with allowed ingredients e.g. plain cookies, donuts, cheesecake, puddings, jello, mousse</p> <p>Chips, pretzels and cheesies</p>	<p>Candies or chocolate made with nuts or dried fruits, jam and marmalade with seeds or peels</p> <p>Baked goods with nuts, seeds, dried fruit or with strawberry, blueberry, raspberry, or cherry filling</p> <p>Popcorn, corn chips</p>
Other	<p>Condiments such as mustard, ketchup, barbeque sauce, ground powdered spices, vinegar</p> <p>Beverages: tea, coffee, Ovaltine, Postum</p>	Relish, olives, pickles, coconut, whole spices

Sources:

- Dietitians of Canada: PEN topic Low Fibre
- University of Virginia Digestive Health Center: Low Fibre Diet
- Hamilton Health Sciences Patient Education
- University of Pittsburgh Medical Center
- American Dietetic Association, Manual of Clinical Dietetics 6<sup>th</sup> Ed. 2000