

## High-Protein, Low-Fiber Nutrition Guidelines

### Why are Protein and Fiber Important?

Protein is important during all stages of cancer treatment, and is also important for recovery and long-term survival. Protein is necessary for the growth and repair of your muscles, bones, skin, hair, eyes, and other tissues. Protein also provides energy.

Fiber is the part of food that cannot be digested by the body. Eating a diet high in fiber can add volume to your bowel movements. Following a low-fiber diet may reduce the frequency and volume of bowel movements. It can also help reduce diarrhea and stomach pain. Your healthcare team may have you follow a low fiber diet to help your gastrointestinal tract (stomach and intestines) repair after cancer treatment.

### How much do I need?

On average, it is recommended that most adults eat 60-100 grams of protein each day. These numbers are based on your weight, and may change based on your current treatment plan.

On a low fiber diet, you should aim to eat no more than 10-15 grams of fiber each day. Low fiber foods have less than 1 gram per serving. Some examples of low fiber foods include white breads, cereals, rice and pasta, most canned or well-cooked vegetables and fruits without skins or seeds, meat, poultry, fish, eggs, tofu, milk products (if tolerated), and fats.

Below is a list of some high-protein, low-fiber foods that you should try to include in your diet.

### Protein Content of Low Fiber Foods

Food Choices	Amount of Protein (grams)
Meat, fish, and poultry (3 ounces)	21 g
Tofu (½ cup)	20 g
Yogurt, Greek (6 ounces)	14 g
Cottage cheese (½ cup)	14 g
Milk, Kefir (8 ounces)	10 g
Milk, regular and soy (8 ounces)	8 g
Eggs (1 egg)	7 g
Egg beaters <sup>®</sup> (¼ cup)	6 g
Yogurt, regular (6 ounces)	7 g
Cheese, hard and soft (1 ounce)	6-10 g

## Foods to Choose From and Diet Planning Tips

Food Group	Choose these Low-Fiber Foods	Avoid these High-Fiber Containing Foods	Tips For Adding Protein
<b>Starches (Breads, Cereals, Rice, and Pasta)</b>	<ul style="list-style-type: none"> <li>• White and light rye breads, rolls, and bagels</li> <li>• White rice, noodles, and pasta</li> <li>• Baked goods made with white flour</li> <li>• Other white flour products</li> <li>• Low-fiber cereals</li> <li>• Cream of wheat or grits</li> </ul>	<ul style="list-style-type: none"> <li>• Whole wheat or whole grain breads, or cereals</li> <li>• Whole wheat pasta</li> <li>• Brown or wild rice</li> <li>• Corn bread</li> <li>• Oats, bran, barley, quinoa, and kasha (buckwheat)</li> </ul>	<ul style="list-style-type: none"> <li>• Have a scrambled egg on white toast.</li> <li>• Add creamy peanut butter to hot cereals.</li> <li>• Cook hot cereals with milk.</li> <li>• Add Greek yogurt to pasta sauces.</li> </ul>
<b>Meats and Alternatives</b>	<ul style="list-style-type: none"> <li>• Lean beef, pork, and lamb</li> <li>• Poultry without skin</li> <li>• Fish and shellfish</li> <li>• Eggs</li> <li>• Smooth nut butters (creamy peanut butter or almond butter)</li> </ul>	<ul style="list-style-type: none"> <li>• Tough to chew meats with gristle</li> <li>• Poultry with skin</li> <li>• Beans and lentils</li> <li>• Nuts</li> <li>• Crunchy nut butters</li> <li>• Seeds or foods containing seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Add sauces and gravies to meats for added protein and calories.</li> <li>• Add meat or poultry to soups.</li> <li>• Add eggs to casseroles and other dishes.</li> <li>• Make scrambled eggs with high protein milk (see recipe).</li> </ul>
<b>Milk* and Alternatives</b>  *Be sure to monitor your dairy intake if you are following a low residue diet. Limit to 2 servings each day.*	<ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Evaporated milk</li> <li>• Yogurt, plain or flavored</li> <li>• Kefir</li> <li>• Cheese</li> <li>• Cottage cheese</li> <li>• Ice cream</li> <li>• Puddings and custards</li> <li>• Soy milk, rice milk, or almond milk</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Any dairy products containing whole pieces of seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Greek yogurt has double the amount of protein found in regular yogurt (14g versus 7g).</li> <li>• Add silken tofu or high protein milk to smoothies (See recipe).</li> <li>• Choose soy milk over rice or almond milk. Soy milk has as much protein as cow's milk while other options may not have any.</li> <li>• Melt cheese on bread or add to soups.</li> </ul>

<b>Food Group</b>	<b>Choose these Low-Fiber Foods</b>	<b>Avoid these High-Fiber Containing Foods</b>	<b>Tips For Adding Protein</b>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Well-cooked or canned fruits without skin</li> <li>Fruit juices without pulp</li> <li>Ripe bananas (small amounts)</li> <li>Cooked plantains (small amounts)</li> <li>Cantaloupe and melons</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruits</li> <li>Fruit with skin</li> <li>Fruit pulp</li> <li>Prunes, prune juice, and raisins</li> <li>Berries</li> </ul>	<ul style="list-style-type: none"> <li>Eat fruit with yogurt and cottage cheese</li> <li>Make smoothies or ice cream shakes with fruit.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Well-cooked or canned vegetables without skin or seeds</li> <li>Vegetable juices without pulp</li> </ul>	<ul style="list-style-type: none"> <li>Raw vegetables</li> <li>Vegetables with skin</li> <li>Corn and peas</li> <li>Cooked leafy greens</li> </ul>	<ul style="list-style-type: none"> <li>Melt cheese over cooked vegetables.</li> <li>Add milk or sour cream to mashed potatoes.</li> <li>Add yogurt or sour cream to cooked vegetables.</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>Cookies, cakes, pies, and other desserts made without whole grains, nuts, or seeds</li> <li>All condiments and spices</li> <li>Coffee, tea, and carbonated beverages</li> </ul>	<ul style="list-style-type: none"> <li>Any food made with whole grains, nuts, or seeds</li> <li>Coconut</li> <li>Granola</li> <li>Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Add creamy peanut butter or dairy to desserts.</li> </ul>

**\*Avoid milk products and other dairy items if they are increasing your bowel movements.**

Be sure to talk with your healthcare team at Rutgers Cancer Institute of New Jersey if you have any questions or concerns about your high-protein, low-fiber diet.

### **Recipe for High Protein Milk**

Ingredients: 1 quart milk, 1 cup instant non-fat dried milk. Pour milk into a deep bowl or blender. Add non-fat dried milk. Beat slowly with beater until dry milk is dissolved. Refrigerate. Flavor will improve if left overnight. Makes 1 quart.

<b>If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.</b>
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