

Low Fiber Diet

What is fiber?

Fiber is a part of food that cannot be broken down by your body. Fiber is found in plant foods, such as fruits, vegetables, and whole grains. Eating foods high in fiber adds volume to your bowel movements.

Why do I need a low fiber diet?

A few reasons that you may need to be on a low fiber diet are cancer treatments (some chemotherapy and radiation), some types of surgery, an inflamed bowel or a bowel obstruction. This type of diet is usually followed for a short time.

A low fiber diet gives your intestinal tract the rest it needs to get better. Eating foods low in fiber may reduce the frequency and volume of bowel movements. It may also help reduce diarrhea and stomach pain.

Your healthcare team may need you to stay on a low fiber diet if you are having trouble with digestion. Be sure to talk to your healthcare team about how long you should follow a low fiber diet.

What guidelines should I follow for a low fiber diet?

- Drink extra fluids each day to avoid constipation (unless your healthcare team tells you otherwise). Examples of fluid are water, sports drinks, juices, ice pops, gelatin, and soup broths. Talk to your healthcare team to learn how much fluid you should drink each day.
- If you are on a low fiber diet, you should only eat 10-15 grams of fiber each day. Check food labels for fiber content. Low fiber foods have 1 g (gram) or less per serving.

Nutrition Facts				
2 servings per container				
Serving size		1 cup (255g)		
Calories	Per serving		Per container	
	220		440	
	% DV*		% DV*	
Total Fat	5g	6%	10g	13%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	21%
Total Carb.	35g	13%	70g	25%
Dietary Fiber	6g	21%	12g	43%
Total Sugars	7g		14g	
Incl. Added Sugars	4g	8%	8g	16%
Protein	9g		18g	
Vitamin D	5mcg	25%	10mcg	50%
Calcium	200mg	15%	400mg	30%
Iron	1mg	6%	2mg	10%
Potassium	470mg	10%	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use this table to help plan your diet:

Food Group	Try These Foods	Avoid These Foods
<p>Starches (Breads, Cereals, Rice, and Pasta)</p>	<ul style="list-style-type: none"> • White bread, rolls, and biscuits • White rice, noodles, and pasta • Cream of wheat and grits • White flour products 	<ul style="list-style-type: none"> • Whole grain or whole wheat breads, cereals, or pasta • Brown or wild rice • Cornbread • Oats, bran, barley, quinoa, and kasha (buckwheat)
<p>Proteins (Meats, Fish, Poultry, Eggs and Tofu)</p>	<ul style="list-style-type: none"> • Lean beef, pork, and lamb • Poultry • Fish and shellfish • Eggs • Tofu • Smooth nut butters such as creamy peanut butter or almond butter (up to two tablespoons each day) 	<ul style="list-style-type: none"> • Tough meats with gristle • Skin on poultry • Dried beans and lentils • Nuts • Crunchy nut butters • Seeds or any foods containing seeds
<p>Fruits</p>	<ul style="list-style-type: none"> • Canned and well-cooked fruits • Fruit juices without pulp • Small ripe banana • Small cooked plantains • Cantaloupe and melons 	<ul style="list-style-type: none"> • Dried fruit • Fruit pulp and fruit skin • Prunes, prune juice, and raisins • Berries
<p>Vegetables</p>	<ul style="list-style-type: none"> • Canned and well-cooked vegetables without skins and seeds (such as carrots, green beans, potatoes) • Vegetable juices without pulp 	<ul style="list-style-type: none"> • Raw vegetables • Vegetable skins • Corn and peas • Cooked greens
<p>Milk*/Cheese</p>	<ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt • Cheese and cottage cheese • Ice cream and puddings • Soy milk, rice milk, almond milk, or oat milk 	<ul style="list-style-type: none"> • Dairy products that contain pieces of nuts or seeds
<p>Miscellaneous</p>	<ul style="list-style-type: none"> • Cookies, cakes, pies and other desserts made without whole grains, nuts, and seeds • Condiments and spices • Coffee, tea, and carbonated beverages 	<ul style="list-style-type: none"> • Any food made with whole grains, nuts, and seeds • Coconut • Granola • Popcorn

*Avoid milk and other dairy products 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 low fiber diet.

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