

Care Gram

Low-fiber Diet

What Is a Low-fiber Diet?

Fiber is a substance found in plant-based foods that your body cannot process. Residue is undigested food, including fiber, which makes up stool. Eating less lowers how much food passes through the large intestine.

Your provider has prescribed a low-fiber diet for you as part of the preparation for your upcoming procedure. **Start following the diet one week before your procedure.**

Changing Your Diet – First Steps

To lower residue in your diet, you will need to limit foods with fiber, milk and milk products, and caffeine.

- Plant foods such as fruits, vegetables, grains, and legumes contain fiber. Although you can still eat some foods with fiber, high-fiber foods need to be limited. Your doctor or dietitian will tell you how many grams of fiber that you can eat each day.
- You can have two cups of milk or milk products per day. If you are lactose intolerant, you may need to avoid milk and milk products.
- You will not be able to eat some healthy foods, and not all your dietary needs may be met on a low-fiber diet. Ask your doctor if you should take any supplements.

Eating Plan for One Week Before Your Procedure

Eat	Do Not Eat
Grains	
• Refined breads, crackers, cereals, pancakes, and waffles with less than 0.5 grams of fiber per serving • Refined pastas such as macaroni, noodles, and spaghetti • White rice	• Whole-grain breads and crackers such as whole wheat, pumpernickel, rye, and cornbread • Whole-grain pancakes, waffles, pasta, and cereals such as bran, oatmeal, and granola • Bread and cereals with seeds, nuts, or dried fruits • Brown rice



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Eat	Do Not Eat
Vegetables	
- Well-cooked and canned vegetables without skins or seeds - Lettuce - Vegetable juice without pulp or seeds	- Raw vegetables - Cooked peas, winter squash, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, and corn - Vegetable sauces such as tomato sauce - Vegetable skins such as potato skins
Fruits	
- Canned or cooked fruit with skin, except canned pineapple and fruits with seeds - Applesauce - Ripe bananas - Ripe cantaloupe and honeydew melon - Fruit juices without pulp	- Raw fruit - Dried fruit - Prune juice - Canned pineapple or coconut - Seeds or nuts
Milk and Milk Products	
<i>Limit milk and milk products to two cups per day. If you are lactose intolerant, consume milk that is clearly marked lactose free.</i>	
- Milk - Yogurt - Cheese and cottage cheese - Ice cream - Soy, almond, and rice milk - Lactose-free milk	- Milk products with fruit, seeds, or nuts – including dried fruit - More than two cups of milk or milk products per day
Meat and Beans	
- Well-cooked or tender beef, lamb, ham, pork, poultry, fish, shellfish, and organ meats - Eggs - Smooth nut butters	- Hard, tough meats, such as jerky - Meat with seeds such as salami - Dried beans or peas
Oils	
- Oil - Mayonnaise - Salad dressings without seeds	Salad dressings with seeds
Fats and Sweets	
- Butter and margarine - Plain cakes, cookies, and pies made with allowed fruits and without nuts - Ice cream and frozen yogurt: within milk and milk product two cup limit - Plain sherbet and fruit ice - Plain candy	Candy, cakes, cookies, and other baked goods made with whole grains, seeds, nuts, coconut, or dried fruit

Eat	Do Not Eat
Other	
• Strained soups • Plain gravy • Jelly, honey, and syrup • Salt, pepper, and herbs • Ketchup • Carbonated drinks • Tea	• Marmalade, jam, or preserves • Popcorn • Pickles • Coconut • Coffee