

# Low Fiber Foods List

FOOD GROUP BY CATEGORY	Low Fiber Foods:	Foods to Avoid (High Fiber/Residue):
<b><u>FRUITS:</u></b>	<p><b>100% fruit juice</b>, (except prune juice), <b>strained</b>; fresh or pasteurized –<i>without any pulp</i></p> <p><b>Canned fruit</b> without seeds or skin, packed in 100% fruit juice</p> <p><b>Cooked &amp; peeled fruit</b> without seeds or skin (baked apples, blueberries in homemade muffins/ jam/ blueberry pancakes, baked pears/peaches; fried or baked ripe plantains)</p> <p><b>Applesauce</b>, unsweetened</p> <p><b>Apricots</b>, ripe and peeled</p> <p><b>Bananas</b>, ripe</p> <p><b>Cantaloupe</b>, ripe</p> <p>Fresh ripe <b>peeled nectarines</b></p> <p><b>Honeydew melon</b>, ripe</p> <p><b>Peaches – peeled</b>, ripe/frozen</p> <p><b>Avocado</b>, ripe enough, up to 1/4</p> <p>Fresh ripe <b>pineapple</b></p> <p>Fresh ripe <b>peeled plums</b></p> <p>Fresh ripe <b>peeled mango</b></p> <p><b>Papaya</b>, ripe, no seeds</p> <p><b>Watermelon</b>, seedless</p> <p>Jams/jellies without seeds</p>	<p>Prune juice</p> <p>Juices with pulp (such as orange/grapefruit juice)</p> <p>Dried fruit</p> <p>Raw apples</p> <p>Raw pears</p> <p>Raw peaches with skin</p> <p>Raw plums with skin</p> <p>Blueberries</p> <p>Strawberries</p> <p>Blackberries</p> <p>Raspberries</p> <p>Cherries</p> <p>Grapes</p> <p>Kiwi</p> <p>Citrus fruits (oranges, grapefruit, clementine’s, tangerines)</p> <p>Dates</p> <p>Prunes, prune juice</p>
<b>VEGGIES</b>	<p>Asparagus tips, canned or cooked</p> <p>Artichoke hearts, canned/jarred or cooked</p> <p>Baby green (spinach/kale), cooked</p> <p>Beets, peeled and well cooked</p> <p>Broccoli; well boiled, pureed in soups- as tolerated</p> <p>Butternut squash or winter squash, cooked, without skin or seeds</p>	<p>Raw vegetables</p> <p>Veggies with seeds</p> <p>Veggies with skins</p> <p>Brussel sprouts</p> <p>Broccoli/cauliflower (or see safe foods list for options)</p> <p>Corn on or off the cob</p> <p>Cucumber</p> <p>Kale</p> <p>Romaine lettuce</p> <p>Collard greens</p> <p>Swiss or rainbow chard</p> <p>Bok choy</p>

	<p>Peeled &amp; baked or boiled or mashed potatoes (regular or sweet), potatoes  Cabbage, well boiled – in moderation, as tolerated  Carrots, cooked &amp; peeled  Cauliflower mash or in cauliflower pizza crust; only as tolerated  Cooked/canned peppers with skins completely removed  Celery, cooked &amp; peeled  Green beans/wax beans, canned or cooked  Green peas, cooked  Onions, well boiled in soups, or sauteed until translucent– in moderation, as tolerated  Mushrooms, canned or cooked  Pumpkin, cooked or canned  Iceberg lettuce, in moderation as tolerated  Butter lettuce, in moderation as tolerated  Green juice, strained, on an empty stomach  100% veggie juice, fresh or pasteurized (V8)  Strained peeled tomatoes, jarred or canned  Well-cooked spiralized zucchini noodles  Seedless spaghetti squash, baked/boiled  Baked peeled mashed turnips</p>	<p>Peppers with skin  Tomatoes with skin/seeds  Parsnips  Sprouts</p>
<p><b>GRAINS &amp; STARCHES</b></p>	<p>Strained oatmeal  Cream of rice  Cream of wheat  Rice pasta  Corn pasta  Cream of corn  Puffed rice cereal</p>	<p>Breads, baked goods, or any products made with whole grains, nuts, seeds, shredded coconut, or bran  Chips or crackers with seeds or whole grains  Bran products  Oats</p>

	<p>Grits          Corn flakes          Plain rice crackers          Saltines          Ritz style crackers          White jasmine rice          White basmati rice          Peeled baked/mashed potatoes (regular or sweet)          French fries made from potatoes without skins          Peeled cooked squash (butternut, winter, spaghetti)          Cassava flour pancakes          Butternut squash pancakes          Sweet potato pancakes          Regular pancakes/waffles          Gluten free pancakes/waffles          Cassava flour tortillas          Rice cakes</p>	<p>Overnight oats          Regular or instant oatmeal          Wheat bran          Granola          Granola bars          Buckwheat          Corn on or off the cob          Kamut          Amaranth          Quinoa          Spelt          Whole wheat products          Cracked wheat          Barley          Brown rice          Wild rice          Couscous          Popcorn          Potato chips</p>
<b>PROTEINS</b>	<p>Ground meat/poultry          Soft-cooked meats or poultry such as in soups/stews          Baked chicken/fish          Eggs: scrambled, poached, hard-boiled fried          Pulled pork, pork chops          Bacon          Sausage          Seafood          Tofu</p>	<p>Beans          Lentils          Peas, pea protein powder          Hemp seeds, hemp protein powder          Brown rice protein powder          Collagen peptides protein powder (too much glutamine)          Tough meats (steak)          Edamame          Sushi</p>
<b>FATS &amp; OILS</b>	<p>Avocado, ripe (up to 1/4)          Oils (all)          Smooth creamy natural peanut butter          Smooth nut butters          Salad dressings without spices          Mayonnaise</p>	<p>Nuts (all)          Seeds (all)          Chunky peanut butter          Shredded coconut          Coconut flour</p>
<b>DAIRY / DAIRY SUBSTITUTES</b>	<p>Butter, margarine, or ghee          Cream          Milk or Lactaid          Yogurt</p>	

<p><i>All dairy products are naturally “low fiber” and “low residue”.</i></p> <p><i>However, if you struggle with lactose intolerance or a dairy sensitivity, you may want to consider trying out dairy substitutes!</i></p>	<p>Cheeses Sour cream Milk substitutes: oat milk, nut milk, flax milk, or coconut milk Coconut cream Plant-based margarines</p>	
<p><b>DESSERTS &amp; SWEETS</b></p>	<p>Anything soft and uniform in consistency: i.e. pudding, ice cream, cookies, brownies <u>without</u> nuts/seeds</p>	<p>Anything containing nuts, seeds, dried, fruit, or shredded coconut</p> <p>Baked goods/pastries made with whole grains or bran flour</p>