

NUTRITION TIPS

Low Fiber Diet

Low fiber diets are often needed for people diagnosed with Crohn's Disease, Ulcerative Colitis, and Diverticulitis. If you are in a flare-up and experiencing GI symptoms like diarrhea or abdominal pain, choosing low fiber foods will help alleviate these symptoms. Low fiber foods are the easiest to digest and are less irritating for your intestines. How much fiber you eat depends on the severity of your symptoms and the amount of inflammation in your intestines.



A Low Fiber Diet Limits Fiber to About 10-14g Per Day

When limiting fiber, **choose foods with less than 2 grams of fiber per serving**, eat well-cooked vegetables and canned fruit, and choose grains made with refined flour. When symptoms resolve, slowly add fiber back into your diet.

Recommended Foods



Grains - bread, bagels, rolls, crackers, cereals, and pasta made from white flour, white rice, cream of wheat, or rice grits; refined cereals made from refined grains without added fiber, and low in sugar



Vegetables - well-cooked vegetables without seeds or skins, such as green beans or carrots, potatoes (white, red, or yellow) without skin; sweet potatoes contain more fiber - remove skin and only eat half at one meal; strained vegetable juice, summer squash (yellow or zucchini without skins or seeds)



Fruit - apple, peeled banana, ripe melons: cantaloupe, honeydew, watermelon; canned, soft fruits or fruit cups (in juice); avoid pineapple



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