

Low-fibre diet: what you can/cannot eat or drink



White bread and white flour products

White bread
White pasta
White rice
White crackers (without whole grains)
Regular rusks

Coconut, cookies, and snacks

Light-colored puffed rice
Refined grain products
Crepes, pancakes (made from white flour)

Meat and fish

Lean meat (chicken, turkey, beef)
Fatty fish (such as salmon, mackerel)
Grilled meat without skin
Eggs

Dairy products

Milk (without fibers)
Cheese
Yogurt (without fruit chunks or fibers)
Quark

Vegetables (limited and well-cooked)

Carrots (peeled and cooked)
Zucchini (without skin, well-cooked)
Potatoes (peeled and well-cooked, without skin)
Pumpkin (without skin, well-cooked)
Cucumber (peeled, well-cooked)

Fruit (well-puréed or without skin)

Apples (peeled and without seeds)
Bananas (ripe)
Pears (peeled)
Melon fruits like melon, papaya, peach (without skin)

Juices and drinks

Fruit juices without pulp (such as apple juice or pear juice)
Clear broths
Coffee (without fibers)

Seeds, nuts, and grains (limited)

Shelled seeds (such as sunflower seeds or chia seeds, without skin)
Peanut butter without chunks

Herbs and spices

Most herbs and spices, as long as they don't contain fibers (such as basil, coriander, cumin, thyme)

General tips:

- Cooking or puréeing vegetables and fruits helps reduce the fiber content and makes them easier to digest.
- Remove skins, seeds, and pits from vegetables and fruits to lower fiber content.
- Avoid foods that are hard to digest, such as fatty dishes, fried food, or spicy food.
- It is important to consult with a dietitian or doctor for personalized advice, as the need for a low-fiber diet may vary depending on an individual's health condition.



Whole grain products

Whole grain bread
Whole grain pasta
Brown rice
Whole grain crackers
Oatmeal (whole grain)

Legumes

Lentils
Beans (such as kidney beans, black beans, chickpeas)
Pea soup
Soybeans and soy-based products (such as tofu)

High-fiber vegetables (raw or unprocessed)

Brussels sprouts
Cauliflower
Broccoli
Onions
Lettuce
Spinach (raw or cooked)
Kale
Celeriac
Bell peppers

High-fiber fruit (raw or with skin)

Berries (such as raspberries, blackberries, strawberries)
Grapes
Apples (with skin)
Plums
Kiwi
Peaches (with skin)
Mango

Dried fruit and nuts

Dried plums
Dried apricots
Dried figs
Nuts (such as almonds, cashews, walnuts, pistachios)

Whole grains

Whole grains (such as quinoa, bulgur, and millet)
Muesli and granola (with whole grains)
Grains with high fiber content (such as oatmeal with skin)

Shellfish with shells

Oysters
Mussels
Shrimp with shells

Sugary or high-fiber snacks

Seeds (such as flaxseed)
Popcorn
Fiber-rich muesli bars

Dangerous vegetables with skin or seeds

Eggplant (raw)
Tomatoes with skin and seeds
Cucumber (raw, with skin and seeds)