

**HIGH FIBER DIET
(NO NUTS, NO SEEDS)**

FOOD GROUPS	FOODS PERMITTED	FOODS TO AVOID
<p>Fruits and Fruit Juices (3 or more servings per day) 1 serving equals ½ cup canned or cooked fruit or 1 small piece of fresh fruit. Fruit Juice contains minimal fiber; however, prune juice contains a natural laxative.</p>	<p>Fresh and dried fruits with skins, such as apples , apricots, avocados, bananas, cherries, dates, grapes, grapefruits, melons, oranges, peaches, pears, pineapple, plums, prunes, raisins, rhubarb, tangerines. Smooth Cranberry sauces. Fruit cocktail. (Fruits with edible skins and dried fruits are highest in fiber)</p>	<p>Berries: i.e., blueberries, boysenberries, whole cranberries, raspberries, strawberries. Figs, kiwi fruit. Any other fruits with edible seeds.</p>
<p>Meat, Eggs, Cheese There is no fiber in meat, eggs, and cheese.</p>	<p>Any meat, poultry, fish, eggs, and cheese.</p>	<p>Any cheese with nuts or seeds.</p>
<p>Potatoes and Substitutes (1 serving or more per day) 1 serving equals ½ cup cooked or 1 small potato.</p>	<p>Any, especially sweet or white potatoes with skin. Barley Brown, long grain or wild rice.</p>	<p>None.</p>
<p>Soups</p>	<p>Any, especially those make with high fiber ingredients. Dried peas, beans, lentils. Barley soups.</p>	<p>Soups containing vegetables not permitted.</p>
<p>Sweets</p>	<p>Candy Sugar Honey, syrup, molasses Jelly, marmalade</p>	<p>Candy containing nuts or seeds. Jam and preserves.</p>
<p>Vegetables (3 or more servings per day) 1 serving equals ½ cup canned, cooked, or raw vegetables. Vegetable juices contain minimal fiber.</p>	<p>All vegetables accept those to avoid. Eggplant, squash, and tomatoes without seeds. Vegetables with edible skins are highest in fiber.</p>	<p>Corn Cucumbers Eggplant Okra Summer squash Tomatoes</p>
<p>Miscellaneous</p>	<p>Smooth peanut butter. Snack foods, without nuts or seeds. Olives</p>	<p>Crunchy peanut butter. Nuts, seeds, popcorn Coconut Pickles</p>

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<p style="text-align: center;">Beverages and Milk Products. There is no fiber in beverages or milk products.</p>	<p style="text-align: center;">Carbonated beverages Cereal beverages Coffee, decaffeinated coffee Tea, decaffeinated tea Fruit drinks or punches Milk Yogurt with allowed ingredients.</p>	
<p style="text-align: center;">Bread (4 servings or more per day) 1 serving equals 1 slice of bread, 6 crackers, 1 muffin, or 1 roll.</p>	<p style="text-align: center;">Bran or whole grain breads, crackers, muffins, or rolls. Whole wheat flour Cornmeal Wheat germ</p>	<p style="text-align: center;">Breads, crackers, rolls, or muffins which contain nuts or seeds, i.e. caraway, poppy, sesame. Products made with refined flour.</p>
<p style="text-align: center;">Cereal (1 serving or more per day) 1 serving equals 1/3 cup All Bran, 1/2 cup cooked or 3/4 cup ready-to-eat cereals</p>	<p style="text-align: center;">Any, especially bran or whole grain cereals, i.e. oatmeal, All Bran, Bran Buds, etc.</p>	<p style="text-align: center;">Any cereals containing nuts or seeds Refined cereals</p>
<p style="text-align: center;">Desserts</p>	<p style="text-align: center;">Any, especially those made with high fiber ingredients including bran, whole grain flour, dried fruits, oatmeal, etc.</p>	<p style="text-align: center;">Any dessert containing nuts or seeds.</p>
<p style="text-align: center;">Fat There is no fiber in fats</p>	<p style="text-align: center;">Bacon Butter, cream, margarine Salad dressings Vegetable oils</p>	<p style="text-align: center;">None</p>