

# Fiber-Restricted Sample Menus

Some types of cancer and cancer treatments may cause stomach discomfort and diarrhea. Your doctor may recommend that you follow a fiber-restricted diet (also referred to as low-residue or low-fiber). A fiber-restricted diet reduces the amount and frequency of bowel movements, therefore reducing irritation to your digestive tract. Your healthcare team may also recommend a fiber-restricted diet if you have a colostomy or ileostomy, or recent intestinal surgery.

Suggestions for a fiber-restricted diet are listed below. When reading nutrition labels on packaged foods, look for foods that contain fewer than 2 grams of dietary fiber per serving. Ask for a referral to a registered dietitian (RD) to help you find out how much fiber you should be consuming.

## AVOID:

- ✗ Raw, undercooked fruits and vegetables
- ✗ Fruits and vegetables with seeds, skins, or hulls
- ✗ Cooked greens or spinach
- ✗ Peas and corn
- ✗ Berries
- ✗ Dried fruits
- ✗ Juices with pulp
- ✗ Prune juice
- ✗ Tough meats with gristle
- ✗ Fried meat, poultry, or fish
- ✗ Sushi
- ✗ Dried beans, peas, or lentils
- ✗ Sausage, bacon, or hot dogs
- ✗ Chunky nut butters
- ✗ Whole grains such as whole wheat bread, brown rice, quinoa, barley, oatmeal, and popcorn

You may also want to avoid these gas-forming vegetables: beets, broccoli, Brussels sprouts, cabbage, lima beans, mushrooms, okra, onions, parsnips, peppers, and potato skins.

## WHAT ABOUT DESSERT?

Choose desserts without whole grains, seeds, nuts, raisins, or coconut. Desserts can be high in sugar, which can cause diarrhea to worsen. Limit yourself to small portions of these treats. Some examples include sugar cookies, popsicles, angel food cake, Italian ice, and gelatin.

Below are three sample meal plans for following a fiber-restricted diet (each with about 2,000 calories). For a meal plan to meet your specific needs and food habits, ask your healthcare team for a referral to an RD who works with cancer survivors. If you struggle with your food choices or don't have enough energy, an RD can help you develop a healthy meal plan.

## EAT:

- ✓ Canned or well-cooked fruits and vegetables
- ✓ Low-fat milk (if lactose intolerant, choose lactose-free)\*
- ✓ Yogurt without added granola, fruit, nuts, or seeds\*
- ✓ Soy milk, rice milk, or almond milk\*
- ✓ Sherbet\*
- ✓ Tender, well-cooked meat, poultry, pork, or fish
- ✓ Eggs
- ✓ Smooth nut butters
- ✓ Tofu
- ✓ White bread, pasta, or rice
- ✓ Cream of Wheat
- ✓ Grits
- ✓ Cold and hot cereals made from refined white flour
- ✓ Pancakes and waffles made with refined white flour
- ✓ Oils, butter, cream cheese, margarine, mayonnaise

\*Although milk does not contain fiber, it can leave indigestible food in your intestines, leading to diarrhea and discomfort. If you can tolerate milk, limit milk products to no more than 2 cups per day. If you are lactose intolerant, try using lactose-free products.

## Fiber-Restricted Sample Menu: Day 1

MEAL	SUGGESTED ITEMS	NOTES
<b>BREAKFAST</b>  Fiber 2 grams	1 scrambled egg with 1 oz. mild cheddar cheese 2 slices white toast with 2 tsp. butter and 2 tsp. grape jelly 4 oz. cranberry juice 8 oz. tea	Look for bread with fewer than 2 grams dietary fiber per serving. Use jelly instead of jam or preserves.  Try decaffeinated beverages.
<b>MORNING SNACK</b>  Fiber 1 gram	6 saltine crackers 1 Tbsp. peanut butter 8 oz. water	Use smooth instead of crunchy nut butters.
<b>LUNCH</b>  Fiber 6 grams	grilled chicken sandwich with 3 oz. grilled chicken, 1 oz. Swiss cheese 1 tsp. mustard, and 1 hamburger bun 1 cup chicken and rice soup 1/2 cup well-cooked zucchini 1/2 cup canned pears 8 oz. water	If lactose intolerant, look for lactose-free cheese. Use buns made with white flour and no sesame seeds or berries.  Eat well-cooked vegetables without seeds or peels.
<b>AFTERNOON SNACK</b>  Fiber 2 grams	1 small bagel 1 Tbsp. cream cheese 8 oz. herbal tea	Choose plain bagels without fruit or nuts.
<b>DINNER</b>  Fiber 3 grams	4 oz. baked salmon 1/2 cup well-cooked green beans 3/4 cup <i>Ginger Rice</i> * white dinner roll with 1 tsp. butter 8 oz. iced tea	Remove strings from green beans. Healthy people need 8-10 glasses of fluid daily. If you have diarrhea, you may need more fluid.
<b>BEDTIME SNACK</b>	6 oz. sorbet 8 oz. water	Use sorbet without fruits.

\*Denotes a recipe on [LLSnutrition.org](http://LLSnutrition.org).

## Fiber-Restricted Sample Menu: Day 2

MEAL	SUGGESTED ITEMS	NOTES
<b>BREAKFAST</b>  Fiber 5 grams	1 cup puffed rice cereal with 4 oz. low-fat milk 1/2 English muffin with 1 Tbsp. smooth peanut butter 3/4 cup cottage cheese with 1/2 cup canned peaches 8 oz. coffee	Use grains made from refined, white flour. If lactose intolerant, look for a lactose-free milk, like soy or almond milk. Choose canned fruit without peels.
<b>MORNING SNACK</b>  Fiber 1 gram	6 vanilla wafers with 1 Tbsp. almond butter 8 oz. strained lemonade	
<b>LUNCH</b>  Fiber 5 grams	one 3.5 inch x 3 inch slice meat lasagna 1 small piece French bread 1 tsp. butter 1/2 cup applesauce 8 oz. iced tea	For lasagna, use sauce made from peeled, seedless tomatoes. Try a ripe banana, baked peeled apples, or melon in place of applesauce.
<b>AFTERNOON SNACK</b>	6 oz. yogurt 8 oz. water	Use creamy yogurt with live and active cultures and without berries and nuts.
<b>DINNER</b>  Fiber 3 grams	3 oz. pork loin 1/2 cup glazed carrots 1/2 cup mashed potatoes, no skins 1 small dinner roll 1 tsp. butter 4 oz. apple juice 8 oz. water	Choose meats that are tender and well-cooked but not fried. For variety, try vegetable juice that is strained with no pulp.
<b>BEDTIME SNACK</b>	2 small sugar cookies 8 oz. herbal tea	Try an assortment of plain cookies without nuts or fruit.

## Fiber-Restricted Sample Menu: Day 3

MEAL	SUGGESTED ITEMS	NOTES
<b>BREAKFAST</b>  Fiber 3 grams	2 slices French toast 1 tsp. butter 8 oz. low fat vanilla yogurt 1/2 cup canned mandarin oranges 8 oz. herbal tea	You may also use white bread in place of French toast.
<b>MORNING SNACK</b>  Fiber 1 gram	2 squares graham crackers with 2 Tbsp. cream cheese and 1 Tbsp. jelly 8 oz. water	Use jelly instead of jam or preserves.
<b>LUNCH</b>  Fiber 4 grams	tuna salad sandwich made with ½ cup tuna mixed with 2 Tbsp. light mayo on 2 slices white bread 1 oz. pretzels 1 cup canned pineapple 8 oz. water	You may use salmon in place of tuna. Try canned fruits packed in water.
<b>AFTERNOON SNACK</b>	hard boiled egg 1 oz. mozzarella cheese 8 oz. water	Egg, tofu, and cheese are quick protein sources.
<b>DINNER</b>  Fiber 7 grams	3 oz. <i><u><a href="#">Lemony Honey Glazed Roasted Chicken</a></u></i> * 1/2 cup canned yams, mashed 1 cup well-cooked green beans 1 small dinner roll 1 tsp. butter 8 oz. iced tea	Peel potatoes or vegetables before cooking.
<b>BEDTIME SNACK</b>  Fiber 1 gram	2 medium gingersnap cookies 8 oz. herbal tea	Drink caffeine-free beverages in the evening for better sleep.

\*Denotes a recipe on [LLSnutrition.org](http://LLSnutrition.org).

## Ginger Rice

Studies have shown that ginger soothes an upset stomach. Try this simple ginger rice recipe to help manage nausea.

### **INGREDIENTS:**

- 2 tablespoons grated and peeled fresh ginger
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 ½ cups water
- 2 cups uncooked rice

### **DIRECTIONS:**

Stir together ginger, sugar and salt in saucepan. Add water and bring to a boil; boil 2 minutes. Stir in rice; reduce heat to low. Cover; cook until most water is absorbed, 15 to 18 minutes. Remove from heat; let stand, covered, 7 minutes. Fluff rice with a fork before serving.



Recipe from LLS' Nutrition Education Services Center (NESC) dietitians.

# Lemony Honey Glazed Roasted Chicken

This recipe has only 5 ingredients, but creates a delicious, flavorful roast chicken. Lemon juice, warm honey and aromatic herbs give roast chicken the perfect balance of spicy sweetness and tang. Pair your chicken with a side of roasted vegetables and brown rice, and you've got a tasty, nutritious meal.

## INGREDIENTS

- 1 1/2 cup fresh lemon juice
- 1 (3 1/2 – 4 lbs.) whole roasting chicken
- 1 Tbsp. dried Italian herbs (or 1/2 Tbsp. dried oregano and 1/2 Tbsp. dried basil)
- Salt and freshly ground pepper to taste
- 4-5 sprigs fresh thyme
- 1/3 cup honey

## DIRECTIONS

Pour lemon juice in large bowl. Place chicken in juice. Cover with plastic wrap and refrigerate at least 1 hour. Turn chicken over and let marinate an additional hour.

Preheat oven to 450 degrees. Remove chicken from marinade. Sprinkle on Italian herbs. Salt and pepper to taste. Place thyme sprigs in cavity of chicken.

Place chicken breast side up on a rack in roasting pan. Roast uncovered for 15 minutes. Reduce heat to 375 degrees and roast for an additional 30 minutes.

Heat honey and with pastry brush thoroughly coat chicken all over. Lower heat to 350 degrees. Continue to cook until well browned, about 45 minutes, occasionally basting chicken with the natural juices and re-coating it with honey. Use a meat thermometer to make sure chicken is fully cooked, 170 degrees.

If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

Makes 6 servings.

**Per 4oz serving:** 225 calories, 7 g total fat (2 g saturated fat), 16 g carbohydrate, 25 g protein, 0 g dietary fiber, 76 mg sodium.

Recipe from the [American Institute for Cancer Research](#)

