

Low Fiber Menu

Your doctor has prescribed a Low Fiber Diet. A low-fiber diet reduces the frequency and volume of your stools. This lessens irritation to the gastrointestinal (GI) tract and can help you heal.

Breakfast

Entrees

- Low Cholesterol Scrambled Eggs
- Scrambled Tofu
- Hard Boiled Egg
- Pancakes (Buttermilk)
- French Toast (Reg)
- Create-Your-Own Burrito or Omelet*
Low Cholesterol Eggs, Diced Ham, Tofu Scramble, Flour or Corn Tortilla, Cheddar or Swiss Cheese, No Veggies

Sides

- Pork Sausage
- Hash Brown Potatoes
- Hot Cereal (Grits, Cream of Wheat))
- Cold Cereal (Rice Chex, Cornflakes, Frosted Flakes)
- Yogurt/ Greek Yogurt (Vanilla)
- Bagel (White, Cinnamon)
- White Bread
- Biscuit

Fruit

- Banana
- Applesauce
- Peach Slices
- Mandarin Oranges

Lunch/Dinner

Entrees

- Herb Baked Chicken Breast
- Roast Turkey Breast
- Baked Chicken Tenders
- Crispy Baked Fish
- Meatballs
- Pot Roast
- Create-Your-Own Deli Sandwich*(*Ham, Turkey, Roast Beef, Chicken, & No Veggies*)
- Create-Your-Own Grill Sandwich*(*No veggies*)
- Create-Your-Own Pasta*
- Create- Your-Own Burger*(*Hamburger, Turkey Burger, Chicken Breast, No Veggies*)
- Create-Your-Own Taco or Quesadilla*(*Corn/ Flour tortilla, Cheese, Chicken, Fish, Ground Beef, No Veggies*)

Sides

- Mashed Potatoes
- Macaroni & Cheese
- White Rice
- Dinner Roll
- Pretzels
- Potato Chips/ Baked Potato Chips
- Saltine Crackers

Soup

- Beef, Chicken, or Vegetable Broth
- Chicken Noodle Soup
- Garden Vegetable Soup
- Tomato Soup
- Turkey Chili

Veggies

- Green Beans

Desserts

- Angel Food Cake
- Vanilla Wafers
- Cookie (Chocolate Chip, & Sugar)
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Pudding (Chocolate or Vanilla)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Ice Cream (Vanilla, Chocolate, or Strawberry)
- Popsicle
- Milkshake (Chocolate/ Vanilla)

Beverages

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Cocoa (Reg or SF)

Cold

- Cola / Gingerale / Lemon Lime Soda (Reg or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

Milk

- Whole
- Non-Fat or Low Fat
- Low Fat Chocolate
- Lactaid
- Soy
- Unsweetened Almond

Juice

- Apple
- Grape
- Cranberry

*Refer to At Your Request regular tri-fold patient menu for detailed list of options.