



Low-Fiber Diet



Your doctor has prescribed a low-fiber diet for you during your stay. This diet is low in fiber and will, reducing gastrointestinal complications following your surgery. Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. **Multiple diet restrictions may limit the foods allowed**

Breakfast

Entrees

Scrambled eggs	French toast
Omelet	Pancake
Hard-boiled egg	Breakfast taco
Breakfast sandwich with biscuit	

Cereal

Corn flakes	Grits
Special K	Rice Krispies
Froot Loops	

Bakery

White toast
Bagel
Buttermilk biscuit
Plain muffin
Poptart



On the Side

Yogurt	Bacon strips
Sausage	Hash browns
Turkey sausage	Cottage cheese

Fruit

Fresh fruit cup	Applesauce
Peach slices	Pear halves



Lunch/Dinner

Entrees

Hamburger patty	Cheese Quesadilla	Pizza
Chicken tenders	BBQ chicken breast	Spaghetti
Baked chicken tenders	Parmesan chicken	Meatloaf
Grilled chicken breast	Teriyaki glazed chicken	
Hot dot	Meatballs	
Fat free hot dog	Crispy baked tilapia	
Fish sticks	BBQ pulled pork	

Deli

BREAD:	MEAT:	CHEESE:
Tortilla wrap	Chicken Salad	American
White bread	Egg Salad	Cheddar
Sub roll	Tuna Salad	Provolone
	Ham	Swiss
	Roast beef	Provolone
	Turkey	



Soup/Salad

Chicken noodle	Egg salad
Tomato	Chicken salad
Cream of Potato	Tuna salad
Tomato	Cottage Cheese
Garden Vegetable	



Desserts

Ice cream	Sweet potato pie	Vanilla wafers
Pudding	Angel food cake	Chocolate chip cookie
Apple pie	Chocolate brownie	Sugar cookie



On the Side

White rice	Dinner roll
Whipped potatoes	White bread slice
Parsley potatoes	Corn muffin
Steak fries	tortilla wrap
Mac&cheese	Crackers
Tater tots	
Yellow squash	