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.

### 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

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

### 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)

### Lunch/Dinner
- 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

### Veggies
- Green Beans

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

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

### 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.