

# A HEALTHY BALANCE...

## A Low Fiber Diet for Optimal Healing

Your health matters to us...both during your procedure and after you leave our office. That's why we're providing these helpful tips for eating a low fiber diet, to enhance your healing after a large polypectomy or other treatment. Eating this simplified diet for a week after your procedure can help reduce the risk of unwanted bleeding and assure a faster recovery.

Thanks for making

Jordan & Associates Gastroenterology  
your GI partner.

Together, we can make a positive difference  
in your health and well-being!



**Jordan & Associates**  
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### Enhance Your Healing with Low Fiber Food Choices

A low fiber diet includes foods that take it easy on your GI system and reduce the production of stool.

#### LOW FIBER DIET

<b>Type of Food</b>	<b>Eat</b>	<b>Do NOT Eat</b>
<b>Soups</b>	Meat, cream soups and broth	
<b>Meats</b>	Lean, tender, well-done veal, beef, lamb, fresh pork, liver, chicken, turkey, sweetbreads, fish and oysters. Bake, broil, steam and cream. Do not fry.	Smoked and cured meats (ham, sausage lunch meats, wieners and salt pork), rare meats, fried meats and meat gravies
<b>Eggs</b>	Cook hard or soft in the shell, poach and soft scramble	
<b>Cheese</b>	Cottage cheese, mild American, mild processed and cream cheeses	
<b>Fats</b>	Butter, margarine, cream, salad oil and crisp bacon	Fried, fatty and greasy foods
<b>Vegetables</b>	Potatoes without skin (Irish and sweet), whole, well-cooked beets, carrots, tender young greens, green beans, green peas, asparagus tips, pumpkin, squash, lettuce and strained vegetables	Fried potatoes, gassy vegetables (cabbage, cucumbers, peppers, dried beans, onions, radishes, turnips and sauerkraut) or any vegetables not well-tolerated
<b>Cereals/Grains</b>	Refined cereals - prepared or cooked (Cornflakes, Puffed Rice, Corn Pops, Frosted Flakes, Rice Krispies, quick cooking oatmeal, grits, cornmeal, Cream of Wheat, farina), rice, noodles, macaroni and spaghetti	Whole wheat and bran cereals
<b>Salads</b>	Canned fruits, cheese and gelatin	Raw vegetables and fruits

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### Low Fiber Foods Are Good Medicine After a Procedure!

Think of a low fiber diet as a nutritional band-aid after a GI treatment. It's a good way to allow the gastro system to heal. And don't worry, you can meet your nutritional needs with these low fiber foods.

Type of Food	Eat	Do NOT Eat
<b>Breads</b>	White bread (plain or toasted) soda crackers, Saltines, thin baked biscuits, cornbread and rye bread	Hot breads (unless mostly crust), dark breads, popcorn and griddle cakes
<b>Fruits</b>	Fruit juices, orange and grapefruit sections, ripe bananas, baked, peeled apples, canned peaches, pears, apricots, plums and sweet cherries, and strained fruits	Raw fruits with seeds and fruits with skin
<b>Desserts</b>	Plain bread, rice tapioca and cornstarch puddings, custard, cake with frosting, plain cookies, Jello, Junket and any smooth dessert	Rich pies, fruit and nut cakes, cookies and doughnuts
<b>Beverages</b>	As desired	
<b>Other</b>	Salt, sugar, jelly, honey, paprika, lemon, vinegar, vanilla, cocoa, plain candy and cinnamon	Highly seasoned foods (pepper, mustard, pickles, chili, spices and nuts)



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