

<ul> <li>Vegetables with skins and peels left on</li> <li>Fruit</li> <li>Fresh and frozen fruits</li> <li>Dried fruits</li> <li>Fruits with skins and peels left on</li> <li>Prunes, prune juice (laxative effect due to sorbitol content)</li> <li>Salads</li> <li>All</li> <li>Oats, barley, psyllium, bran, flaxseed</li> <li>Whole-wheat, whole-grain bread/rolls/pita/bagels/muffins, crackers</li> <li>Whole-wheat pasta, brown or wild rice, and barley</li> <li>High fiber-cereals (e.g. Fiber 1 ®, Bran Flakes®, Raisin Bran®, All Bran®)</li> <li>Red River cereal ®</li> <li>Serving suggestions:</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogurt, smoothies or shakes.</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogut, smoothies or shakes.</li> <li>All legumes (example: beans, peas, lentils)</li> <li>All legumes (example: beans, peas, lentils)</li> <li>All legumes (example: beans, peas, lentils)</li> <li>All legumes, example: beans, peas, lentils)</li> <li>All purchin, sesame, and sunflower seeds</li> </ul>	ltem	Foods to Enjoy		Foods to Limit
Fruit       • Fresh and frozen fruits       • Fruit swith skins and peels left on       • Fruit swith skins and peels left on       • Fruit swith skins and peels left on         Salads       • All       • All       • None         Grain Products       • Oats, barley, psyllium, bran, flaxseed       • Whole-wheat, whole-grain bread/rolls/pita/bagels/muffins, crackers       • Whole-wheat pasta, brown or wild rice, and barley       • White-flour based grain product (e.g. White peeds)         • Whole-wheat pasta, brown or wild rice, and barley       • High fiber-cereals (e.g. Fiber 1 ®, Bran Flakes®, Raisin Bran®, All Bran®)       • Low fibre cereals (e.g. Cheerio: Rice Krispies®, Special K®         • Add driad fruit to cookie, cake & muffin batters       • Add dried fruit to cookie, cake & muffin batters       • None         Milk & Alternatives       • 2%, 1% or skim milk       • Enriched almond, soy, rice or oat beverage       • None         Meat & Alternatives       • All legumes (example: beans, peas, lentils)       • None       • None         Meat & Alternatives       • All legumes (example: beans, peas, lentils)       • None	Vegetables	Fresh and frozen vegetables	•	None
<ul> <li>Dried fruits</li> <li>Fruits with skins and peels left on</li> <li>Prunes, prune juice (laxative effect due to sorbitol content)</li> <li>Salads</li> <li>All</li> <li>Oats, barley, psyllium, bran, flaxseed</li> <li>Whole-wheat, whole-grain bread/rolls/pita/bagels/muffins, crackers</li> <li>Whole-wheat pasta, brown or wild rice, and barley</li> <li>High fiber-cereals (e.g. Fiber 1 ®, Bran Flakes®, Raisin Bran®, All Bran®)</li> <li>Red River cereal ®</li> <li>Serving suggestions:</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.</li> <li>Add dried fruit to cookie, cake &amp; muffin batters</li> <li>Milk &amp; Alternatives</li> <li>2%, 1% or skim milk</li> <li>Enriched almond, soy, rice or oat beverage</li> <li>Yogurt with fruit Serving suggestion:</li> <li>Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.</li> <li>Add dried fruit to cookie, cake &amp; nuffin batters</li> <li>Milk &amp; Alternatives</li> <li>4 All legumes (example: beans, peas, lentils)</li> <li>All legumes (example: beans, peas, lentils)</li> <li>All legumes (example: beans, peas, lentils)</li> <li>Almonds, nuts, soy nuts, hazelnuts, macadamia nuts, pine nuts, and coconut</li> <li>Pumpkin, sesame, and sunflower seeds</li> </ul>		<ul> <li>Vegetables with skins and peels left on</li> </ul>		
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• Prunes, prune juice (laxative effect due to sorbitol content)         Salads       • All         Grain Products       • Oats, barley, psyllium, bran, flaxseed         • Whole-wheat, whole-grain bread/rolls/pita/bagels/muffins, crackers       • Whole-wheat, whole-grain bread/rolls/pita/bagels/muffins, crackers         • Whole-wheat pasta, brown or wild rice, and barley       • Whole-wheat pasta, brown or wild rice, and barley         • High fiber-cereals (e.g. Fiber 1 ®, Bran Flakes®, Raisin Bran®, All Bran®)       • Low fibre cereals (e.g. Cheerior Rice Krispies®, Special K®         • Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.       • Add dried fruit to cookie, cake & muffin batters         Milk & Alternatives       • 2%, 1% or skim milk       • None         • Yogurt with fruit Serving suggestion:       • Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogurt, smoothies or shakes.       • None         Meat & Alternatives       • All legumes (example: beans, peas, lentils)       • None         • All legumes (example: beans, peas, lentils)       • None         • Pumpkin, sesame, and sunflower seeds       • None		Dried fruits		
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Bran®)       Red River cereal ®         Serving suggestions:       Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals.         Add dried fruit to cookie, cake & muffin batters       Add dried fruit to cookie, cake & muffin batters         Milk & Alternatives       2%, 1% or skim milk         Enriched almond, soy, rice or oat beverage       Yogurt with fruit         Serving suggestion:       Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogurt, smoothies or shakes.         Meat & Alternatives       All legumes (example: beans, peas, lentils)         All legumes (example: beans, peas, lentils)       None         Almonds, nuts, soy nuts, hazelnuts, macadamia nuts, pine nuts, and coconut       None		Whole-wheat pasta, brown or wild rice, and barley	•	Low fibre cereals (e.g. Cheerios®,
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<ul><li>and coconut</li><li>Pumpkin, sesame, and sunflower seeds</li></ul>	Meat & Alternatives	•	•	None
Pumpkin, sesame, and sunflower seeds				
Serving suggestion:				
Add beans, peas, barley and lentils to soups or casseroles				
	Soups			
barley)				
	Oils & Fats			
Desserts & Sweets         • Desserts made with high fibre/whole grain foods (e.g.: date squares, bran cookies) or fruit as a dessert/snack         • None	Desserts & Sweets		•	None
Fluids	Fluids	Smoothies or shakes with fruit, bran, flax or psyllium added	•	None
Miscellaneous     Popcorn    None	Miscellaneous	Popcorn	•	None

Reference: Food Service-High Fibre Diet Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) 2011