

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

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