

 Vegetables with skins and peels left on Fruit Fresh and frozen fruits Dried fruits Fruits with skins and peels left on Prunes, prune juice (laxative effect due to sorbitol content) Salads All 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 ® Serving suggestions: Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals. Add bran, wheat germ, ground flaxseed or psyllium fiber husks to baking or hot cereals. Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogurt, smoothies or shakes. Add bran, wheat germ, ground flaxseed or psyllium fiber husks to yogut, smoothies or shakes. All legumes (example: beans, peas, lentils) All legumes (example: beans, peas, lentils) All legumes (example: beans, peas, lentils) All legumes, example: beans, peas, lentils) All purchin, sesame, and sunflower seeds 	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
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 Almonds, nuts, soy nuts, hazelnuts, macadamia nuts, pine nuts, and coconut Pumpkin, sesame, and sunflower seeds 		yogurt, smoothies or shakes.		
and coconutPumpkin, sesame, and sunflower seeds	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