

Item	Foods Allowed (contains less than 2 g of fibre per serving)	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Mashed potatoes, beets, yellow or green beans, celery, bean sprouts, bamboo shoots, peppers, cabbage, onion, tomato, summer squash, cauliflower, bok choy, mushroom, cucumber, raw spinach, lettuce</li> <li><i>Well-cooked vegetables may be tolerated best.</i></li> </ul>	<ul style="list-style-type: none"> <li>Peas, carrots, corn, baked potato with skin, pumpkin, cooked spinach, winter squash, parsnip, broccoli, sweet potato, beet greens</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Cantaloupe, watermelon, honeydew melon, mandarin orange, pineapple, peeled fresh apple, canned fruit cocktail, applesauce, mango, grapes</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruits, all berries, kiwi, banana, pears, apple with skin, orange, grapefruit</li> <li>High fibre fruit spreads</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Potato salad, macaroni, pickled beets, jello salad made with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>All other salads</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li><u>Cereals</u>: Cream of Wheat®, cream of rice, Cornflakes®, puffed rice, Rice Krispies®, Special K® (or any cold breakfast cereal with less than 2 g of fibre per serving)</li> <li><u>Breads</u>: White bagels, buns, biscuits, English muffins, waffles, pancakes, pita or flour tortilla; white or oatmeal bread, rye</li> <li><u>Other</u>: White rice, white pasta, chow mein noodles, rice noodles</li> </ul>	<ul style="list-style-type: none"> <li><u>Cereals</u>: Red River®, oatmeal, oat bran, bran cereals (like All-Bran®, bran flakes), shredded wheat cereals, Just Right®, puffed wheat</li> <li><u>Breads</u>: Any bread product made with 100% whole grain flour, bran, nuts, seeds, dried fruits, pumpernickel</li> <li><u>Other</u>: Wheat bran, barley, whole wheat pasta, white pasta fibre enriched, brown rice, popcorn and other whole grains</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>All plain dairy products (milk, yogurt, cheese), rice or soy drinks</li> </ul>	<ul style="list-style-type: none"> <li>Any dairy product containing berries, seeds or nuts.</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>Beef, pork, chicken, turkey, fish, seafood, eggs, sliced meats, veal, ham, smooth peanut butter, almond butter</li> </ul> <p><i>Cook meats until tender.</i></p>	<ul style="list-style-type: none"> <li>All beans, dried peas and lentils (kidney, navy, lima, chickpeas, split peas), nuts and seeds</li> <li>Chunky peanut or nut butters</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>Soups with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Soups with ingredients not allowed</li> </ul>
<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>All, except those with ingredients from "Foods to Avoid"</li> </ul>	<ul style="list-style-type: none"> <li>Those with ingredients in "foods to avoid"</li> </ul>

Item	Foods Allowed (contains less than 2 g of fibre per serving)	Foods Not Allowed
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>Plain cake or cookies; sherbet, Jell-O®, frozen yogurt, ice milk or ice cream, pudding, custard, hard candy, marshmallow</li> </ul>	<ul style="list-style-type: none"> <li>Pies, cakes and cookies made with high fibre fruits, dried fruits or other nuts</li> <li>Desserts made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>Coffee, tea, soft drinks</li> </ul>	<ul style="list-style-type: none"> <li>Fluids with high fibre ingredients added (e.g. smoothie with berries)</li> <li>Oral nutritional supplements containing fibre</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>Butter, margarine, oils, salad dressing, ketchup, gravy, jelly</li> </ul>	<ul style="list-style-type: none"> <li>Jam or marmalade</li> <li>Coconut</li> </ul>

**Notes:**

- Cooking, chopping or blending does not change the fibre content, but peeling and removing the seeds lowers fibre content.
- This diet is not intended as a transition diet post-operatively, nor replace the former “bland” or “light” diet.

**Reference:** Dietitians of Canada - Practice Based Evidence in Nutrition (PEN)