
John M Cannon, MD
Urology and Urologic Surgery
1770 Long Pond Road, Suite 101
Rochester, NY 14606
Telephone (585)244-8110
Fax (585)244-9435
www.cannonurology.com

LOW FIBER DIET

*This diet should not be used on a long-term basis. Ask your doctor when you can begin adding restricted foods back into your diet. *You can resume your normal diet after your surgery.*

- Choose white bread, biscuits, rolls, crackers, bagels, pasta, noodles and white rice.
 - Avoid whole wheat or whole grain breads, graham crackers, brown rice, and whole wheat pasta.

- Choose cream of wheat, cream of rice, grits, farina, quick-cooking oatmeal, cornflakes, puffed rice, puffed wheat, Special K and Rice Krispies.
 - Avoid whole grain, bran and granola cereals.
 - Avoid cereals with nuts, seeds, coconut, or dried fruits.

- Choose a ripe banana or canned or cooked fruits without skins or seeds.
 - Avoid fruit juices with pulp and prune juice.
 - Avoid raw or dried fruit and all berries.

- Choose well-cooked or canned vegetables without seeds.
 - Avoid raw vegetables except a small amount of iceberg lettuce.
 - Choose mildly spiced, seedless tomato juice
 - Choose potatoes without the skin.
 - Avoid sauerkraut, corn, peas, winter squash, and onions

- Choose ice cream, yogurt and cheese without nuts and seeds.

- Choose any meats as there are no limitations on them

- Avoid seeds, nuts, crunchy peanut butter, dried fruits, coconut, popcorn, dried beans, peas, lentils, jam and marmalade, fried or greasy spicy foods.