



LOW-FIBER FOODS

► BREMO ROAD (BR)

5875 Bremo Road
Suite 601
St. Mary's at MOB South
Richmond, VA 23226

► GLENSIDE (G)

4000-A Glenside Drive
Henrico, VA 23228

► HANOVER (H)

8262 Atlee Road
Suite 202
MRMC at MOB 3
Mechanicsville, VA 23116

► MIDLOTHIAN CENTER (MC)

169 and 223 Wadsworth Drive
N. Chesterfield, VA 23236

► NEW KENT (NK)

1850 Pocahontas Trail
Quinton, VA 23141

► RIDGEFIELD (R)

2200 Pump Road
Suite 101
Richmond, VA 23233

► ST. FRANCIS (SF)

13700 St. Francis Blvd.
Suite 505
Midlothian, VA 23114

► TRI-CITIES AT COLONIAL HEIGHTS (TC)

16011 Kairos Road
Suite 300
Colonial Heights, VA 23834

► WEST CREEK (WC)

1630 Wilkes Ridge Parkway
Suite 202
Richmond, VA 23233

FOODS

- Eggs
- Breads and grains made with refined white flour without nuts or seeds (including rolls, muffins, bagels, pasta)
- Low-fiber Cereals (Corn Flakes, Cream of Wheat)
- Saltines Crackers
- Yogurt
- Chicken, Turkey, Lean Pork, Seafood, Tofu * **NO MEAT WITH GRISTLE***
- Custard
- Plain Pudding
- Sherbet
- Jell-O or gelatin without added fruit or red or purple dye
- White Potatoes without skin
- Asparagus Tips
- Well-cooked or canned vegetables
- Pureed spinach
- Acorn squash without seeds
- String beans
- Beets
- Carrots
- Almond Butter
- Clear broth or Bouillon

BEVERAGES

- Ensure Boost
- Enlive without fiber added
- Clear fruit drinks (NO PULP)
- Black Coffee / Tea (NO MILK OR DAIRY CREAMERS)
- Soda and other carbonated drinks
- Gatorade, Pedialyte, Powerade