



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

DAIRY

- Eggs
- Plain Pudding or Jell-O without added fruit or red or purple dye
- Milk and foods made from milk – such as yogurt, pudding, ice cream, cheeses and sour cream
- Butter, margarine, oils and salad dressings without seeds

PROTEINS

- Lean meats such as chicken, turkey, pork, seafood, and tofu
- No meat with gristle
- Almond Butter

GRAINS

- Breads and grains made with refined white flour without nuts or seeds (including rolls, muffins, bagels)
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- White crackers, such as saltines
- White rice
- Pancakes or waffles made from white refined flour

PRODUCE

- Most canned or well-cooked vegetables and fruits without skins or seeds

BEVERAGES AND LIQUIDS

- Ensure Boost
- Enlive without fiber added
- Fruit and vegetable juice with little or no pulp, fruit-flavored drinks, and flavored waters
- Coffee or Tea (iced or hot)
- Soda and other carbonated drinks
- Gatorade, Pedialyte, Powerade

YOU SHOULD AVOID:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries and coconut
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts and foods containing them, including popcorn, peanut butter, and other nut butters