

病人教材

肠胃科中心



我们推荐的 低纤维饮食

食物群	推荐	避免
蔬菜	煮熟的蔬菜。	生的，炸的蔬菜，瓜菜的皮，泡黄瓜，冬瓜，豌豆，玉米，西兰花，包心菜。
水果	熟香蕉，鱈梨，桃子，苹果泥，罐头水果，（菠萝例外）没有碎渣的果汁。	果皮，菠萝，梅子，奇异果，莓子，葡萄，瓜类，椰子，干果类。
淀粉类，豆类，核仁	白饭，通心粉，意大利面，面条，去皮的马铃薯。	全麦的面条，炒饭，干豆，花生米，花生酱，所有果仁。
肉，鱼，家禽	煮嫩的牛肉，鸡，猪肉，羊肉，鱼，蛋类。	炸的肉或鱼，烟熏或腌的肉。
汤	任何推荐的食物做的汤	
面包，穀类	白面粉，或黑麦的面包，烤饼，苏打饼干，烘干吐司，熟的麦片：小米糊。	含全麦，麦肤，葡萄干，或果仁，芝麻的面包。小麦片麦肤片，干的混合麦片。
甜点，甜食，零食	任何推荐的食物做成的均可。	以果仁，椰子，葡萄干，芝麻，莓子，全麦面粉做的，爆玉米。
饮料	一切饮料均可。	每日不超过两杯牛奶。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
 UW Medicine

Digestive Disease Center
 Box 356160
 1959 N.E. Pacific St. Seattle, WA 98195
 206-598-4377

疑问？

上班時間上午 8:00 至下午 5:00 請電 206-598-4377,其他時間
 請電接線生：206-598-6190 請接線生聯繫腸胃科值班的醫生

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 Low Fiber Diet
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Patient Education

Digestive Disease Center



Low Fiber Diet

Recommendations

Type of Food	Recommended	Avoid
Vegetables	Well-cooked vegetables: Summer squash, green beans, wax beans, spinach, pumpkin, eggplant, potatoes (without skin), beets, asparagus, mushrooms, tomato sauce and carrots. Vegetable juice without pulp.	Raw and deep-fried vegetables, skins, pickles, winter squash, peas, corn, broccoli, cabbage.
Fruits	Ripe bananas, avocado, peaches, applesauce, canned fruit (except pineapple). Fruit juices without pulp.	Fruit skins. Pineapple, prunes, kiwi, berries, grapes, melons, coconut, dried fruits.
Starches, Legumes, Nuts	White rice, macaroni, spaghetti, noodles. White and sweet potatoes without skins.	Whole-wheat pasta. Fried rice. Dried legumes. Peanuts and peanut butter. All nuts.
Meat, Fish, Poultry	Tender beef, chicken, pork, lamb, fish. Eggs.	Fried meat or fish. Smoked or pickled meats. Sausages.
Soup	Any made from allowed ingredients.	
Bread, Cereal	Enriched white, wheat, or rye breads or rolls. Pancakes, biscuits. Saltines, melba toast, and soda crackers. Cooked cereal: Cream of Wheat, grits.	Bread containing whole grain flour, bran, raisins, or seeds. Wheat flakes, bran flakes, oatmeal, shredded wheat, granola.
Desserts, Sweets, Snacks	Any made from allowed ingredients.	Any made with nuts, coconut, raisins, seeds, berries, whole-grain flour. Popcorn.
Beverages	All beverages.	No more than 2 cups of milk per day.

Questions?

Call us at 206-598-4377 weekdays between 8:00 a.m. and 5:00 p.m. At all other times, please contact the paging operator at 206-598-6190 and ask to speak to the gastroenterologist on call.

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