

## Fiber Restricted Diet

A fiber restricted diet helps decrease your gastrointestinal symptoms. The diet can also be used if you are recovering from gastrointestinal surgeries. Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

Breakfast served all day

See page 2 for condiments

### HOT & COLD CEREALS

- Grits
- Corn Flakes
- Rice Chex

### SIDES

- Low Fat Cottage Cheese
- Hard Cooked Egg
- Hash Brown Patty
- Home Fries • Bacon

### BREAKFAST ENTRÉES

- Scrambled Eggs
- Baked French Toast Sticks
- Waffle
- Pancakes
- Chocolate Chip Pancakes
- Greek Yogurt Soft Fruit Plate

### BUILD YOUR OWN OMELET

--- Choose Your Eggs ---

Egg Whites  
Eggs

--- Choose Your Protein ---

Cheddar Cheese  
Swiss Cheese  
American Cheese  
Provolone Cheese

### SWEETS

- Fresh Banana
- Applesauce
- Cantaloupe
- Low Fat Vanilla Yogurt

### BREAD BASKET

- Cinnamon Roll
- English Muffin
- Bagel
- Flour Tortilla
- White Bread

### CONDIMENTS

- Margarine • Butter
- Light Cream Cheese
- Cream Cheese
- Jelly • Peanut Butter
- Lemon Juice
- Sugar
- Equal® Sucralose
- Salt • Pepper
- Herb Seasoning
- Ketchup
- Syrup • Brown Sugar

### BEVERAGES

- Orange Juice
- Apple Juice
- Cranberry Juice
- Grape Juice
- Skim Milk
- 2% Milk

### ENTRÉES

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| Chicken Parmesan                   | Cheeseburger on White             |
| Hot Roast Beef on White with Gravy | Roast Beef on White               |
| Baked Fish Sticks with Tartar      | Cheese Quesadilla                 |
| Roast Turkey                       | Grilled Chicken Sandwich on White |
| Rigatoni with Meatballs            | Chicken Salad Sandwich on White   |
| Kraft Macaroni & Cheese            |                                   |
| Chicken Tenders                    |                                   |
| Cheese Pizza                       |                                   |

### BUILD YOUR OWN SANDWICH

--- Choose Your Bread ---

White Bread • Flour Tortilla • Hoagie Roll • Slider Roll

--- Choose Your Protein ---

Sliced Roasted Turkey • Sliced Roast Beef  
Sliced Chicken Breast • Peanut Butter  
Chicken Salad • Tuna Salad

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings and Condiments ---

Lettuce Leaf • Jelly • Ketchup • Lite Mayo • Mustard  
Buffalo Sauce • Ranch Dressing • Honey Mustard

### BUILD YOUR OWN GRILL

--- Choose Your Bread ---

White Bread • Hamburger Roll  
Slider Roll • Flour Tortilla

--- Choose Your Protein ---

Beef Patty • Turkey Patty  
Grilled Chicken Breast • Sliced Roasted Turkey

--- Choose Your Cheese ---

American • Cheddar • Provolone • Swiss

--- Choose Your Toppings and Condiments ---

Lettuce Leaf • Ketchup • Lite Mayo • Mustard • BBQ Sauce  
Buffalo Sauce • Ranch Dressing • Honey Mustard

### SOUPS

- Chicken Noodle Soup
- Tomato Basil Soup
- Pureed Vegetable Soup

### SIDES

- |                         |                          |
|-------------------------|--------------------------|
| Green Beans             | White Rice               |
| Fresh Carrots           | Mozzarella Cheese Sticks |
| Mashed Potatoes         | Baked Potato Chips       |
| Baked French Fries      | Pretzels                 |
| Sweet Potato Fries      | Poultry Gravy            |
| Potato Starz            | Brown Gravy              |
| Buttered Penne          | Marinara Sauce           |
| Kraft Macaroni & Cheese |                          |

### BREAD BASKET

- White Roll
- White Bread
- Garlic Breadstick
- Flour Tortilla
- Saltines

### SWEETS

- |                             |                  |
|-----------------------------|------------------|
| Mini Chocolate Chip Cookies | Chilled Peaches  |
| Brownie                     | Applesauce       |
| Rice Krispie® Treat         | Chilled Pears    |
| Vanilla Pudding             | Mandarin Oranges |
| Chocolate Pudding           | Fresh Banana     |
| Red Gelatin                 | Applesauce       |
| Citrus Gelatin              | Fresh Cantaloupe |
| Orange Sherbet              |                  |
| Fruit Ice                   |                  |

### BEVERAGES

- |              |                 |
|--------------|-----------------|
| Skim Milk    | Apple Juice     |
| 2% Milk      | Cranberry Juice |
| Orange Juice | Grape Juice     |

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#### **CONDIMENTS**

<b>Margarine</b>	<b>Mustard</b>
<b>Butter</b>	<b>Jelly</b>
<b>Sugar</b>	<b>Peanut Butter</b>
<b>Lemon Juice</b>	<b>Parmesan Cheese</b>
<b>Equal® Sucralose</b>	<b>Tartar Sauce</b>
<b>Salt</b>	<b>BBQ Sauce</b>
<b>Pepper</b>	<b>Lettuce Leaf</b>
<b>Herb Seasoning</b>	<b>Ranch Dressing</b>
<b>Ketchup</b>	<b>Honey Mustard</b>
<b>Lite Mayo</b>	<b>Buffalo Sauce</b>