

Low Fiber Checklist

What to eat and what to avoid



One Note On Low Fiber

Just to be clear, here's what I mean when I recommend this.

I don't mean:

- Avoiding fruits
- Avoiding vegetables or other healthy foods
- Removing major food groups

I do mean:

- Removing most of the sources of insoluble fiber (like wheat, whole grain foods, and any kind of bran, including fiber supplements)
- Avoiding any kind of fiber supplementation if you can't go to the bathroom, because it will simply add increased pressure and bloating

The Checklist

Eat This:

- All meats (ideally organic, antibiotic-free, unprocessed)
- All fruits
- Vegetables
- Seeds & nuts
- Extra added fats (see below)

Don't Eat This:

- Whole grains (bagels, bread, pasta)
- Wheat and bran (especially added bran that your nutritionist is probably telling you to have with breakfast to increase your fiber)
- Legumes, like beans
- Added fiber supplements, fiber cereals, cereals (like breakfast cereals)

One Other Thing

Ensuring that you add **extra fat** to your diet will dramatically increase your ability to have natural, effortless bowel movements. Fat is a primary stimulator of the gastrocolic reflex that involves the urge to go to the bathroom.

If you are having trouble getting a strong urge, the best time to try is first thing in the morning, after drinking a big glass of something warm (tea/coffee), having breakfast, and then relaxing. A high fat breakfast helps too (butter on toast, etc.)

Add 1-3 tablespoons a day of these fats:

- Coconut oil
- Olive oil
- Peanut butter

I personally like to take a spoonful with my meal (if it goes well with the flavor of the meal) or even just eat a tablespoon of peanut butter if I have cravings.

Low carb diet? A primary complication that goes along with following super low carb diets e.g. atkins, paleo, etc. is constipation. Carbs like wheat and bread have lots of insoluble fiber which can add quite a bit of volume to the stool, and when we remove it, the stool

becomes dramatically smaller and the body doesn't register it quite as well.

So if you're going to go low carb, make sure to do it *slowly*. Personally I would just avoid all starches and focus on potatoes and things like that (or even experiment with rice), and dramatically increasing plant and fat intake, and eating high protein.