

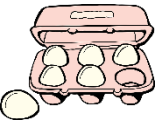
LOW-FIBER DIET

To start on ..



AUTHORIZED

Dairy products, desserts, yogurts, petit suisses, natural and flavored white cheeses, fromage frais



Meat, poultry, fish, eggs, white and Bayonne ham, offal, cooked non-spicy shellfish and crustaceans, cold meats without excess, no spicy



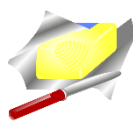
Rice rusks plain or chocolate toasted bread, white or country bread, sandwich bread, rice semolina pasta, cereals, flour, tapioca, cornstarch, potatoes



Peeled cooked fruits, fruits in syrup (except plums, cherries, grapes and prunes), compotes, banana, blackberries



Sugar, , sweets, jams, honey, jelly, jam, chocolate, cocoa, cakes and biscuits, cooked fruit tarts



Oil, butter, crème fraîche preferably after cooking



without excess: aromatic herbs, mustard, ketchup, salt, pepper, vinegar, lemon juice, spices



water, tea, herbal tea, fruit syrups, sparkling water according to tolerance

PROHIBITED

Drink milk in large quantities, dairy products containing fruits or vegetables, cheeses with nuts, fruits with cumin

Tripe, snails, cooked, canned, frozen or fresh meals containing vegetables and fruits (such as cassoulet, sauerkraut, etc.)

Whole-grain cereals and breads (made from bran and seeds) and/or containing fruits or vegetables; pastries containing fruit, muesli

All raw and cooked vegetables, all dried vegetables (beans, lentils, split peas, chickpeas, chestnuts, corn, etc.)

Raw fruits, fatty fruits (olives, walnuts, almonds, peanuts) dried fruits (grapes, prunes, dates, etc.)

Fatty pastries, frozen foods in large quantities

Cooked fat and excess fried foods, stew

Condiments (caper, pickle) garlic, shallot

Alcoholic drinks, fruit or vegetable juices, fruit nectar, water rich in magnesium (such as Hépar®, Contrex®)

For any questions relating to your residue-free diet, you can contact Me Emiliane Rolland, dietitian at the clinic.: e.rolland@clinique-tivoli.com