

Food Group	Foods Allowed	Foods to Avoid
Meats and meat substitutes	Chicken, turkey, fish, tender cuts of beef and pork, ground meats, eggs, creamy nut butters, tofu, skinless hot dogs, sausage patties without whole spices	Tough fibrous meats with gristle, meat with casings (hot dogs, sausage, kielbasa), lunch meats with whole spices, shellfish, beans, chunky peanut butter, nuts
Fruits and juices	Fruit juices without pulp, banana, avocado, applesauce, canned peaches and pears, cooked fruit without skin/seeds	Juices with pulp, fresh fruit (except banana and avocado), dried fruits, canned fruit cocktail and pineapple, coconut, frozen/ thawed berries
Vegetables	Well-cooked or canned vegetables, potatoes without skin, tomato sauces, vegetable juice	Raw vegetables, all corn, all mushrooms, stewed tomatoes, potato skins, stir-fry vegetables, sauerkraut, pickles, olives, all dried beans, peas, and legumes
Cereals and grains	Low-fiber dry or cooked cereals (less than 2 grams fiber per serving), white rice, pasta, macaroni, or noodles	Cereals with nuts, berries, dried fruits, whole grain cereals, bran cereals, granola, brown or wild rice, whole grain pasta
Breads and crackers	White/refined breads and rolls, plain bagel, toast, plain crackers, graham crackers	Whole grain breads, bread/rolls with raisins, nuts or seeds, multigrain crackers
Dairy	Milk, cheese, yogurt, milkshakes, pudding, ice cream, cottage cheese, sherbet	Dairy product mixed with fresh fruit (except banana), berries, nuts, or seeds
Desserts	Plain cake, pudding, custard, ice cream, sherbet, gelatin, fruit whips	Any dessert that contains nuts, dried fruits, coconut, or fruits with seeds
Herbs and spices	All ground spices or herbs, salt	Whole spices like peppercorns, whole cloves, anise seeds, celery seeds, rosemary, caraway seeds, and fresh herbs
Snacks/other foods	Sugar, honey, jelly, mayonnaise, mustard, soy sauce, oil, butter, margarine, marshmallows, cookies, without dried fruits or nuts, snack chips, and pretzels using refined flours	Carbonated beverages, jams, or jellies with seeds, popcorn