

LOW RESIDUE (LOW FIBER DIET)

Purpose: The low residue (fiber) diet is designed to avoid irritation of the gastrointestinal tract and to decrease bowel movements.

It is used for people that are experiencing periods of diarrhea and abdominal cramping.

It is used after acute phases of ulcerative colitis or regional enteritis. The low residue diet may be also be used for a short period of time for people with partial intestinal obstruction, rectal bleeding, stenosis of the esophageal or intestinal lumen, acute stages of diverticulitis, hemorrhoidectomy, post-op treatment of large bowel surgery, and during radium implant treatment for uterine and cervical cancer and acute exacerbation of Crohn's disease or ulcerative colitis. This diet may also be used postoperatively in the progression of a regular diet.

DIETARY GUIDELINES

- Buy breads and cereals made from refined wheat and rice. Avoid whole-grain products with added bran
- Remove skin from vegetables and fruits before cooking
- Marinate meats in juice or wine for added flavor
- Season with spices and herbs for added flavor and variety
- Avoid any food made with seeds, nuts, and raw or dried fruit
- Follow this diet on a temporary basis only. Once your symptoms disappear, gradually introduce foods back into your diet once your symptoms disappear
- Limit milk and milk products to 2 cups daily

Dietary fiber is reduced by using pureed or tender cooked vegetables, ripe, canned or cooked fruits without skin or seeds, and well-cooked tender meats

FOODS RECOMMENDED	FOODS TO AVOID
<p>BREADS & GRAINS 6-11 servings daily</p> <p>Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles</p> <p>Enriched white or light rye bread or rolls</p> <p>Saltines, Melba Toast, Rusk crackers, Zwieback</p> <p>Refined ready-to-eat cereals such as puffed rice and puffed wheat</p> <p>Cooked refined wheat, corn or rice cereal</p> <p>Strained oatmeal, grits and farina</p> <p>Refined cold cereals made from corn, rice or oats (Rice Krispies, Cornflakes, Cheerios, puffed rice and puffed wheat)</p> <p>White rice and refined pasta</p> <p>Macaroni, noodles</p>	<p>BREADS & GRAINS</p> <p>Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers</p> <p>Any whole-grain, bran, or granola cereal, oatmeal, any cereal with seeds, nuts, coconut or dried fruit</p> <p>Bran, barley, brown and wild rice</p>
<p>VEGETABLES 3-5 servings daily</p> <p>Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or wax beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, peas (no skin), potato without skin; lettuce if tolerated</p> <p>Strained vegetable juice</p>	<p>VEGETABLES</p> <p>Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p>

<p>FRUIT 2-4 servings daily</p> <p>Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, Royal Anne cherries, peaches, pears, (all without skin and seeds), pureed plums and ripe bananas and avocados</p> <p>Strained fruit juice</p>	<p>FRUIT</p> <p>Raw or dried fruit, all berries</p> <p>Prune juice</p>
<p>MILK & DAIRY 2-3 servings daily</p> <p>Milk, mild cheese, cottage cheese (as tolerated)</p> <p>Yogurt (no berries)</p>	<p>MILK & DAIRY</p> <p>Highly flavored cheeses</p>
<p>MEAT & MEAT SUBSTITUTES 2-3 servings or total of 6 oz daily</p> <p>Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, shellfish, and organ meats</p> <p>Eggs</p> <p>Smooth peanut butter</p>	<p>MEAT & MEAT SUBSTITUTES</p> <p>Tough fibrous meats with marinate meats in juice or gristle, shellfish with tough connective Tissue</p> <p>Meat prepared with whole-grain ingredients, seeds, or nuts</p> <p>Fried meats and eggs</p> <p>Dry beans, legumes, peas, and lentils</p> <p>Chunky peanut butter</p> <p>Raw clams and oysters</p>
<p>FATS & SNACKS (use sparingly)</p> <p>Margarine, butter, vegetable oils, lard, mayonnaise, cream substitutes, crisp bacon, plain gravies, and salad dressing</p> <p>Bouillon, broth, or strained cream soups (no corn) made with allowed ingredients</p> <p>Plain cakes and cookies, pie made without nuts and fruit (allowed fruits only)</p> <p>Plain sherbet, sorbet, pudding, fruit ice, gelatin, tapioca, angel food or sponge cake, custard, frozen fruit pops, jelly, plain hard candy, marshmallows, frozen yogurt, and ice cream</p>	<p>FATS & SNACKS</p> <p>Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit</p> <p>Nuts, seeds, and popcorn</p> <p>Pastries, pies, potato chips</p> <p>Pepper, chili pepper and other hot sauces.</p> <p>Chocolate, raisins, seeds, seed spices, pickles, olives, nuts, mustard, spicy mustard and catsup, relish, horseradish, vinegar, rich gravies</p> <p>Highly spiced salad dressings</p> <p>Jam or marmalade with nuts and seeds</p>
<p>MISC.</p> <p>Salt, soy sauce, catsup</p> <p>Mild spices in moderation, white sauce</p> <p>Sugar, honey, jelly, syrup</p> <p>Lemon juice, vinegar, vanilla and other flavoring extracts</p> <p>Decaffeinated coffee, herb tea, caffeine-free carbonated beverages, fruit drink</p>	<p>MISC.</p> <p>Beverages containing caffeine should be used sparingly as caffeine is a stomach irritant)</p>