

LOW RESIDUE DIET

Dietary fiber is the indigestible part of plants that helps to maintain the plant's structure. Some examples of fiber are cellulose, hemicellulose, polysaccharides, pectins, gums, mucilages and lignins. These come from parts of fruits, vegetables and grain and are not digested by the body. They are important for normal functioning and disorders of the large intestine (also known as the "colon"). The fiber and waste products from your gastrointestinal (GI) tract are called residue and it is this that becomes the stool or bowel movement.

For certain conditions, a low residue diet is preferred. For instance, it would be preferable to restrict fiber for acute diverticulitis, acute inflammatory disorders of the intestine and intestinal surgery. This diet is used as a transition to a regular diet. The low residue diet may make your bowel movements smaller, therefore you may need extra water or a stool softener to have a bowel movement on a regular basis.

SERVING SIZES

A serving size means the size of food after it is cooked.

1 cup (8 oz.) is the size of a large handful.

1/2 cup (4 oz.) is about half of a large handful.

2 Tablespoons is about the size of a large walnut.

1 Tablespoon is about the size of the tip of your thumb from the crease.

1 teaspoon is about the size of the tip of your little finger from the last crease.

3 oz. of cooked meat, fish, or poultry is about 1/4 cup.

1 oz. of hard cheese is about a 1 inch cube.

1 serving of vegetables is 1/2 cup cooked or 1 cup raw.

BREADS AND STARCHES

Choose items made from white or refined flour. Avoid those made with bran, wheat germ, nuts, seeds, whole wheat flour or added fiber.

Do eat 6-7 servings daily from this list:

1/2 cup cooked cereal or 1 cup flake cereal (for example, corn flakes, puffed rice, puffed wheat)

1/2 cup mashed potatoes, without peels

1 6-inch pancake or waffle

1/2 cup cooked regular pasta, macaroni or noodles

6 small saltine crackers

1 slice white bread

1/2 cup cooked white rice, couscous or farina

Do Not eat the following foods:

Bran, wheat germ, bulgur wheat

Breads or cereals made with nuts, seeds or whole grain flour

Brown or wild rice, rice cakes

Corn, corn meal, corn bread

Rolled oats, kashi, granola cereals

FRUITS

Do eat 2-3 servings daily from this list:

1/2 cup applesauce or fruit cocktail

1/2 large banana or 1 small ripe banana

1/2 cup canned or cooked fruits without peels

1 cup melon cubes

1 small orange or 1/2 small grapefruit, well-peeled

1/2 cup strained fruit juice or fruit juice without pulp

Commercial strained baby fruits may be used

Do Not eat any of the following fruits:

Any kind of berry (for example, cherry, blueberry, raspberry, strawberry)

Dried fruits, dates, figs, prunes

Raw fruits with skins or seeds (for example, apples)

Raw pineapple

Rhubarb

Fruit juices with pulp

Marmalade

MEATS AND MEAT SUBSTITUTES

Do eat 2-3 servings daily from this list:

1 large egg or 2 medium eggs

2 Tablespoons smooth peanut butter

2 oz. or 3 oz. tender, well-cooked meat, fish, or poultry (baked, broiled, roasted)

4 oz. tofu

Do Not eat any of the following foods:

Crunchy or chunky peanut butter

Dried cooked beans, peas, lentils

Foods that are deep fried

Legumes and nuts

Meats with a crusty coating

Soy tempeh

Tough or stringy meats (for example, corned beef or beef jerky)

DESSERTS

Do eat up to 2 servings daily from this list:

1/2 cup frozen yogurt, sherbet, sorbet

1/2 cup hard candy (without nuts)

1 slice plain cake or 2 small cookies

1 Popsicle or 1 cup fruit ice

Plain gelatin (any flavor)

Graham cracker desserts made with other allowed ingredients

Do Not eat the any of the following foods:

Any dessert with nuts, dried fruit, seeds, skins or peels

MILK AND DAIRY

Do eat 2-3 servings daily, if tolerated. If you have trouble digesting these foods, limit to 1-2 small servings daily, or omit entirely.

1/2 cup cottage cheese or ricotta cheese

1/2 cup custard or pudding (any flavor)

1 oz. or 2 oz. low-fat cheese (American, mild cheddar, cream cheese)

1 cup milk (any kind)

1 cup milk drinks (for example, milk shake or hot cocoa)

Do Not eat any of the following foods:

Cheeses with seeds or chili peppers

Ice cream or yogurt with nuts or seeds

VEGETABLES

Do eat 2-3 servings daily from this list:

1 cup chopped lettuce

1/2 cup cooked or canned vegetables without seeds or peels

Commercial strained baby vegetables may be used

1 cup vegetable juice without pulp (for example, tomato)

Do Not eat any of the following foods:

Raw (uncooked) vegetables (except lettuce)

Cabbage, Brussels sprouts

Any vegetables that have seeds (for example, tomatoes, cucumbers, peas, lima beans or squash)

Stringy vegetables, such as asparagus stalks, broccoli stalks

OTHER FOODS

All of the following foods are allowed:

All oils, margarine, butter, cream or half & half, mayonnaise

Carbonated beverages (in moderation)

Salt

Mild spices, lemon juice

Vinegar

White sauce

Mild gravy

Vanilla extract

Ketchup

Mild mustard

Bacon (crisp)

Bouillon and broths

Coffee, tea

Honey, molasses, syrup, jelly, sugar (in moderation)

Do Not eat any of the following foods:

Coconut

Nuts of any kind

Peels on fruits and vegetables

Popcorn

Seeds of any kind

Pickles, horseradish, relish

Chili sauce

Rich sauce

Rich gravy

Raw garlic

Hot Sauces

This diet pertains to your colorectal needs. Please check with your other providers for additional dietary guidelines.