



Low Fiber or Low Residue Diet

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Recommended for people with a variety of conditions, a low residue diet is a diet low in insoluble fiber, roughage, and/or bulk. Some reasons you may have been asked to eat a low residue diet include poor stomach emptying, or narrowing and partial obstruction of the bowel from surgery, inflammation or infection. Surgical causes may include narrowing where your bowel was sewed together during surgery or scar tissue outside the bowel which crimps or twists the bowel, causing a partial obstruction. Inflammatory diseases can cause narrowing, such as Crohn's disease which may cause long areas of strictured bowel. Infections such as repeated attacks of diverticulitis may also cause narrowing of the bowel.

A low residue diet presents a challenges in eating, as it is inherently low in such healthy items such as fiber, fresh fruits and vegetables. This diet should be taken as six small meals a day. If you need assistance in following this diet while maintaining a healthy food intake, please ask the doctor to refer you to a Registered Dietician for suggestions.

Type of Food	Allowed Items	Avoid
Beverages	Fruit flavored drinks, milk (2 cups of milk or milk products allowed per day), carbonated beverages, coffee, tea, strained fruit and vegetable drinks.	Prune juice, unstrained fruit and vegetable juices.
Breads	French, Vienna, Italian, refined white breads without seeds, crackers, biscuits, French toast, Zwieback, rolls, bagels, pancakes, waffles	Any breads, crackers, rolls, muffins or cereals containing whole grain or graham flour, brans, seeds, nuts, raisins, doughnuts, and cornbread
Cereals	Cooked, refined cereals such as Cream of Wheat and Cream of Rice; dried refined cereals from rice, corn, oats, or wheat	Whole grain cereals such as oatmeal, bran flakes, mini-wheat and grape nuts.
Cheeses and Milk Products	Cottage, cream, American, Swiss, Muenster or other mild chesses may be substituted for one cup milk. Buttermilk, chocolate, skim and whole milk or yogurt my be eaten with a total of 2 cups of milk or milk products per day.	Yogurt containing fruits.
Desserts	Custards, gelatin, puddings, plain cookies and cakes, sherbet, pastry without nuts.	All desserts containing seeds, nuts, coconut or raisins
Eggs	Scrambled, fried, poached, boiled, omelet.	None.
Flours	All except those not allowed.	Bran, graham, whole wheat, whole grain.

Type of Food	Allowed Items	Avoid
Fruits and Fruit Juices	Limit to three ½ cup servings per day if tolerated, including canned or cooked fruit, peeled fruit without seeds; baked apples without skin, apple sauce, apricots, avocados, bananas, cherries, grapefruits, oranges, tangerines, mandarin oranges, tomatoes, fruit cocktail, grapes, melons (cantaloupe and honeydew), peaches, pears, pineapples, plums.	All other fresh fruit, dried fruits, berries, figs, and grapes with seeds.
Meat, Fish and Poultry	Tender beef, ham, lamb, poultry, veal or tofu which is baked, broiled, creamed or stewed. Fresh or frozen fish without bones, canned tuna, salmon, cooked shellfish.	Tough meat with gristle, fried meats and poultry, smoked or cured meats, cold cuts, corned beef, frankfurters, pastrami, sausage and peanut butter. All fried or smoked fish, herrings, sardines.
Potatoes, Pasta Rice	Boiled, creamed, mashed, scalloped potatoes without skin; macaroni, noodles, white rice, spaghetti. Only one serving of potatoes allowed per day with no limitation to all others.	All dried legumes, lima beans, peas, nuts, potato skins, potato cakes, french fries, hash browns, potato salad, sweet potatoes or yams, brown and wild rice, barley and hominy.
Sweets	Honey, jelly, syrup, plain hard candy, molasses, marshmallows, gum drops.	Jams, preserves, candies with fruits, coconut, raisins, nuts, candied fruits.
Vegetables	Limit to three ½ cup servings per day. Canned or cooked asparagus, green or waxed beans, beets, carrots, mushrooms, peas, pumpkin, squash, spinach, turnip greens, raw lettuce if tolerated.	All raw vegetables except lettuce; Canned or cooked vegetables not specifically allowed
Miscellaneous		Olives, pickles, potato chips, popcorn, seeds – such as sesame, caraway, celery, poppy and pepper.

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