



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

Low Fiber/ Low Residue Diet

Purpose

Residue refers to the materials remaining after digestion has occurred. Thus, a Low Residue Diet contains foods that are low in fiber, soft in texture and easily digested.

Dietary fiber is the indigestible part of plants that maintains the structure of the plant. Dietary fiber includes cellulose, hemicelluloses, polysaccharides, pectins, gums, mucilages and lignins. Although they are chemically unrelated, they all resist digestion by the human body. It is this resistance that makes these fibers important in both the normal functioning and in disorders of the large intestine or colon.

In certain medical conditions, it is important to restrict fiber. These include acute or sub-acute diverticulitis and the acute phase of certain inflammatory conditions of the bowel – ulcerative colitis or Crohn's Disease. After some types of intestinal surgery, a low fiber, low residue diet may be used as a transition to a regular diet. A low fiber diet is also used for a period of time after a colostomy or ileostomy is performed.

Nutrition Facts

Depending upon individual food selection, the Low Fiber/Low Residue Diet is adequate in all nutrients (National Research Council's Recommended Dietary Allowance). If the diet must be strict and followed over a long period of time, the intake of fruits and vegetables may not be adequate. Additionally, there may not be enough calcium included on a Low Fiber, Low Residue Diet. In these cases, a multi-vitamin supplement or liquid nutritional supplement may be needed.

Special Conditions

If a low fiber, low residue diet results in abdominal cramps or discomfort, notify the dietitian or physician immediately.

Low Residue Diet

Turn this sheet over for the Low Residue Diet.

Low Residue Diet

	Foods Allowed	Foods Excluded
Beverages	Milk, coffee, tea, postum, carbonated beverages and non-carbonated beverages.	Alcoholic beverages.
Breads & Crackers	White, refined whole wheat, rye bread without seeds, melba toast, rusk and zwieback. Saltines, grahams, round, thin and plain crackers.	Cracked wheat bread, those containing nuts, seeds or raisins. Strongly flavored crackers. Crackers containing seeds or nuts.
Cereals & Grains	Cooked cereals, dry cereals except those listed under Excluded. Macaroni, noodles, rice and spaghetti.	Whole grain cereals such as shredded wheat or bran cereals. Whole grain rice.
Cheese	Mildly flavored cheeses such as cottage cheese, American, Colby and Swiss.	Strongly flavored sharp cheese such as Roquefort or Limburger.
Desserts	Plain cakes and cookies, gelatin, custard, pudding, gelatin with allowed fruits, junket, ice cream, ices, sherbet and yogurt without seeds.	Pastries, pies, any dessert containing fruits, nuts or seeds.
Eggs	All except fried.	Fried eggs.
Fats	Butter, margarine, cream, mayonnaise, lard, vegetable oil and vegetable shortening.	All others.
Fruits	<i>Fresh:</i> Avocado and Banana. <i>Canned or cooked:</i> Applesauce, cherries, fruit cocktail, peaches, pears and pineapple. <i>Cooked or canned and peeled:</i> Baked apple, apricots and plums. <i>Pureed:</i> Prunes. All fruit juices.	Raw and dried fruits except those listed under Allowed. Berries, fruits with tough skins such as figs.
Meat, Fish & Poultry	<i>Baked, broiled, creamed, roasted or stewed:</i> tender beef, lean ham, lamb, liver, pork, sweetbreads, veal, fish, chicken and turkey.	<i>Fried, pickled, smoked or tough:</i> meat, fish or poultry. Shellfish, highly seasoned meats such as cold cuts and frankfurters.
Soups	Bouillon, broth or strained cream soup made with allowed foods.	Highly seasoned soups.
Sweets	Sugar, syrup, honey, clear jelly, plain candy, marshmallows or chocolate.	Jam, marmalade, preserves, candy with nuts and seeds.
Vegetables	<i>Cooked or canned:</i> Asparagus tips, beets, carrots, mushrooms, sweet or white potatoes without skin. <i>Pureed:</i> Whole asparagus, green and wax beans, beets, corn, lima beans, pumpkin & spinach. <i>Strained:</i> Tomatoes. All vegetable juices.	Raw fried or dried vegetables. Those not listed under Allowed.
Misc.	Sugar, salt, pepper, seasonings and spices as tolerated. Vinegar, mustard, catsup. Cream and cheese sauces, gravy and smooth peanut butter.	Fried foods, relishes, chips, popcorn and things containing nuts and seeds.