

## LOW RESIDUE/LOW FIBER DIET

This diet provides foods which will result in a reduced amount of fecal material in the lower bowel.

Foods are low in fiber content and restricted in non-fibrous food producing residue.

CATEGORY	FOODS ALLOWED	FOODS TO AVOID
Milk & Milk Products	Milk as tolerated, *plain or flavored yogurt, pudding, cheese	Yogurt containing seeds or fruit peels, seeded cheeses, pudding with nuts
Beverages	Clear fruit juices (i.e.: apple, cranberry or grape); low-pulp or pulp-free juices (i.e.: orange, lemonade or grapefruit)	All others including nectars, milk, cream, fruit juices with pulp, cocoa, prune juice, tomato and vegetable juices
Breads	Refined breads, rolls, biscuits, muffins, crackers; pancakes or waffles; plain pastries	Any made with whole grain flour, cracked wheat, bran, seeds, nuts, coconut or raw or dried fruit; cornbread; graham crackers
Cereals	Refined cooked cereals including quick-cooking oatmeal, grits and farina; refined cold cereals such as puffed rice, puffed wheat and cornflakes	Oatmeal; any whole-grain, bran or granola cereal; any containing seeds, nuts, coconut or dried fruit
Desserts and sweets	Plain cakes and cookies made with all-purpose flour, pie made with allowed fruits; plain sherbet, fruit ice, frozen pops, gelatin and custard; jelly, plain hard candy and marshmallows; ice cream as tolerated, *molasses, sugar and syrup	Any made with whole-grain flour, bran, seeds, nuts, coconut or dried fruit; jam and marmalade
Fats	Margarine, butter, salad oils and dressings, mayonnaise; bacon; plain gravies	
Fruits	Most canned or cooked fruits, *applesauce, *fruit cocktail, *ripe banana, *melons, peeled apples, orange/grapefruit sections with membranes removed; strained fruit juice/fruit drinks; refined breads, rolls, biscuits, muffins, crackers; pancakes or waffles; plain pastries	Dried fruit; all berries; raw fruits with membranes and seeds, kiwi, grapes; any juice containing fruit or vegetable pulp; *prune juice
Meats and meat substitutes	Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, organ meats; eggs; creamy peanut butter	Any made with whole-grain ingredients, seeds or nuts; dried beans, peas, lentils, legumes; chunky peanut butter
Potato and potato substitutes	Cooked white and sweet potatoes without skin; white rice; refined pasta	All others
Soups	Bouillon, broth or cream *soups made with allowed vegetables, noodles, rice or flour	All others
Vegetables	Most well-cooked and canned vegetables without seeds, *except those excluded; lettuce if tolerated; strained vegetable juice	Sauerkraut, winter squash, peas and corn; most raw vegetables and vegetables with seeds
Miscellaneous	Salt, pepper as tolerated, sugar, spices, herbs, vinegar, ketchup, mustard, coffee/tea as tolerated, carbonated beverages	Nuts; coconut, seeds and popcorn; pickles

\*These foods are low in fiber but may increase colonic residue; assess food tolerance and limit as needed.

NOTE: Residue may be further reduced by excluding all fruits and vegetables, with the exception of strained juices and white potatoes without skin.

## Helpful Hints

- 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.
- Limit milk and milk products to 2 cups per day.
- 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.

## LOW ROUGHAGE DIET SAMPLE MENU

### **Breakfast**

1 serving orange juice  
1 egg  
1 serving of allowed cereal with milk and sugar  
1 or more servings of toast with butter and jelly  
Beverage

### **Lunch or Dinner**

1 serving soup with saltine crackers  
1 serving of meat, fish or allowed cheese  
1 serving potato or substitute  
1 serving of allowed vegetable  
1 serving of bread and butter  
1 serving of allowed fruit or allowed dessert  
Beverage

### **Snacks**

Allowed cereal with milk and sugar  
Allowed cookies or cake  
Allowed milk dessert  
Flavored gelatin with allowed fruits  
Any other food included on diet lists