

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 and 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	Dried fruit; all berries; raw fruits with membranes and seeds, kiwi, grapes; any juice containing fruit or vegetable pulp
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