

## Low Fiber, Low Residue Diet

The Low Fiber, Low Residue diet is designed for use in patients receiving radiation therapy on or near the intestine: in partial bowel obstruction? In acute gastroenteritis; ulcerative colitis, and diverticulitis: and in postoperative anal or hemorrhoidal surgery. Long term use of the diet is discouraged because it can contribute to constipation, diverticular disease, and colon cancer.

The diet includes foods that will reduce (not eliminate) the residue in the colon. It is smooth in texture and is mechanically and chemically nonirritating. Food tolerance varies greatly and patients should be encouraged to eat the most liberal diet possible and include adequate fluids. Foods as noted in recommend amounts will be adequate in nutrients with the exception of calcium.

<b>Food Classification</b>	<b>Suggested Daily Servings</b>	<b>Recommended choices</b>	<b>Limit or Avoid</b>
Milk And milk products	Limit to 2 servings	All Milk (fresh, dried or evaporated) and milk drinks; yogurt. If you don't tolerate milk to drink, use in cooking or boil before serving.	Yogurt, if flavored with fruit containing small seeds. Milk, yogurt, or foods made with milk in excess of 2 cups.
Meats and protein alternatives	2 servings (2-3 oz portions) 4-6 ounces total	Ground or well-cooked meat, cottage cheese, mild natural or process cheese, eggs, smooth peanut butter if tolerated.	Unless tolerated: spicy meat, fish, poultry, strongly flavored cheeses, cooked dried beans and legumes, chunky peanut butter.
Vegetables	1-4 cups (4-6 servings)	All vegetable juices, most well cooked or canned vegetables without seeds, except those on avoid list. Lettuce if tolerated.	Corn, peas, spinach, artichoke, sauerkraut, tomatoes, broccoli, Brussels sprouts, cabbage, onions, cucumbers.
Fruits	1-2 cups (2-4 servings)	Ripe bananas most cooked or canned fruits. Juice containing no pulp.	Prune juice, any juice with pulp, most fresh fruits, berries, and other fruits with seeds, dried fruits including raisins.
Grains and grain products	3-10	Use enriched white, wheat, rye breads without seeds, , cornbread, biscuits, muffins, pancakes, waffles, plain sweet roll, graham crackers made with refined flour, saltines, Rusk, zwieback, melba toast, enriched cooked refined cereals, like farina, Cream of Wheat, cornmeal, Malt-O-Meal, strained oatmeal, dry cereals, such as puffed rice, rice flakes, corn flakes, spaghetti, macaroni, noodles, or white rice.	Bread, crackers, or cereals containing whole grains, bran, dried fruits, nuts, or seeds, brown or wild rice.
Nuts, seeds, and beans			All varieties of nuts, seeds and beans.
Fats and Oils	Use sparingly not generously 2-3 times a day	Salad oils, fortified margarine, butter, cream, mayonnaise, mildly seasoned salad dressings, crisp bacon, plain gravies.	Spicy salad dressings, olives, high-fat gravies and sauces.
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.	Limit high fat choices.
Fluids	6-8 cups	Water and other fluids, such as coffee, tea, fruit juice, vegetable juice, carbonated beverages, lemonade, or soups.	Prune juice or any other juices with pulp. Soups made with non-allowed vegetables or other ingredients.
Others	As desired	Salt, pepper, ketchup, mustard, spices and herbs, vinegar.	Coconut, popcorn, pickles and relish with seeds.

**Sources: 10<sup>th</sup> Edition Simplified Diet Manual, and Handouts from American Dietetic Association.**