

## **LOW RESIDUE DIET**

### **Introduction**

The Low Residue diet has been prescribed to assist the transition from liquid to solid foods and reduce the residue in the colon to assist healing.

### **Purpose**

The foods allowed are limited to non-stimulating, non-irritating, low fiber foods. The diet should be individualized according to your appetite and food tolerance. With time and recovery you may be able to expand this diet to include other foods.

### **Nutrients Modified**

All nutrients are provided by a Low Residue Diet. Texture is modified to by offering items that are easily digested, moderately low in roughage and very mildly seasoned. Tender foods are used such as cooked vegetables, canned fruits, and refined breads and cereals. Fried foods and highly seasoned foods, pepper and alcohol may cause distress and, therefore, are eliminated.

### **Dietary Guidelines and Food List**

Use the following guidelines to individualize your meal plan:

1. Avoid large meals which may create discomfort from gastric distention.
2. Reduce total stool volume by using low fiber foods indicated.
3. Recognize foods which are gas-forming for your body.
4. Respect intolerances to food components such as lactose or gluten that may be difficult for your body to digest.
5. Decrease air-swallowing habits since air contributes to gas swallowed or generated in the stomach.
6. Choose enriched white or refined breads and cereals. Avoid large amounts of unprocessed bran.
7. Cook by baking, boiling, broiling, roasting, stewing, microwaving, or creaming. Avoid frying.

<b>FOOD GROUP</b>	<b>SERVINGS DAILY</b>	<b>FOODS INCLUDED</b>	<b>FOODS EXCLUDED</b>
Milk, Yogurt and Cheese	2 - 3 Servings	Skim, low fat, or whole milk, buttermilk, mild drinks such as pasteurized egg-nogs, milkshakes, chocolate milk, cocoa, evaporated or condensed milk, non-fat dry milk solids, yogurt with allowed fruits, cottage cheese, soft mild American or mild cheeses.	None; limit milk and milk products if there is a lactase deficiency, strong cheese, other cheeses
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 - 3 Servings	Baked, boiled, broiled, roasted, stewed, microwaved or creamed meat and fish, very tender chicken, turkey, veal, beef, lamb, lean pork, all fish (no bones), smooth peanut butter, soft prepared meat alternates, finely ground nuts, tofu, (soy cheese), eggs and style except fried, egg substitutes.	Any tough, stringy highly seasoned or fried meat, fish, or poultry, hot dogs, cold cuts, sausages, ham, corned beef, chunky peanut butter dry beans and peas, baked beans, fried eggs, raw eggs
Bread, Cereal, Rice and Pasta	6 -11 Servings	Refined whole wheat bread, enriched white bread, rye bread without seeds, plain rolls and crackers (saltine or graham) refined cereals (cooked or dry) hot breads as tolerated, rice, spaghetti (plain, no spicy sauce), macaroni, noodles, pasta	Coarse, whole grains, highly seasoned snack crackers, any containing seeds, nuts or dried fruits, highly seasoned rice and pasta
Vegetable	3 - 5 Servings	Tender, cooked soft vegetables, whole as tolerated, such as asparagus, beets, carrots, green beans and winter squash, vegetable juices, mashed, boiled, creamed or baked white or sweet potato without skin	Raw vegetables, vegetables with skins, strongly flavored vegetables such as broccoli, Brussels sprouts, cabbage, cauliflower, corn, dried beans and peas, green pepper, onions, rutabagas, sauerkraut, turnips, fried vegetables, highly seasoned potatoes, fried potatoes, potato chips
Fruit	2 - 4 Servings	As tolerated all canned, stewed or cooked fruits without seeds and skins, ripe bananas, citrus fruit sections without membrane, fruit juices.	All raw fruit, spiced, pickled or dried fruit, pineapple, berries, prunes, any fruit not tolerated, any with seeds or skins
Fats and Oils	Use Sparingly	Margarine, reduced calorie margarine, butter, mayonnaise, oil, shortening, cream, sour cream, cream cheese, drained crisp bacon, cream gravy, cream sauce, gravies	Avocado, salad dressings, all other fats

Source: FDA Diet Manual

Sweets and Desserts	Use Sparingly	Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, hard candies, plain chocolate candies, marshmallows, all desserts made with allowed foods: cakes, cookies, pies, pudding, custard, ice cream, sherbet, gelatin dessert, carbonated beverages	Jams, marmalades, all sweets and desserts containing nuts, coconut or fruit not allowed, fried pastries such as doughnuts
Miscellaneous	As desired	Salt, mild herbs, flavorings mildly flavored gravies and sauces, olives. Use catsup and mustard with caution, coffee, tea and decaffeinated beverages	Strongly flavored seasonings such as pepper and strong and strong spices, condiments such as barbecue sauce, chili pepper, chili sauce, garlic, horseradish, coconut, nuts, pickles, popcorn, alcoholic beverages

SAMPLE MENU		
Breakfast	Lunch	Dinner
1 C Orange juice, 3/4 C cream of Wheat, 1/2 C Scrambled Eggs, 1 Slice Toast, 2 tsp Margarine, 1 C 2% Milk	3 oz Roast Beef and gravy, 1/2 White Rice, 1/2 C Carrot coins, 1 C Gelatin, 1 Slice Bread, 1 tsp Margarine, 1/2 C Canned pear halves, 1 C 2% Milk	1 C Macaroni, tuna and cheese, 1/2 C String beans, 1/2 C Banana/peach Mix, 1 Slice bread, 1 tsp Margarine, 1 Sugar Cookie, 1 C 2% Milk

APPROXIMATE NUTRITIONAL ANALYSIS			
Protein	102 gm	Thiamin	1.4 mg
Fat	87.4 gm	Calcium	1479 mg
Carbohydrate	252.5 gm	Zinc	25.0 mg
Calories	2177 kcal	Phosphorus	1594 mg
Vitamin A	4093.5 RE	Iron	19.4 mg
Folate	323.1 ug	Sodium	2566 mg
Vitamin C	43.8 mg	Potassium	3344 mg
Niacin	13.5 mg	Dietary Fiber	19.2 gm
Riboflavin	2.8 mg		

The sodium value will vary with the amount of salt added in food preparation.