

## LOW FIBER/LOW RESIDUE DIET (Approximately 7 grams fiber)

**PURPOSE:** This diet restricts fiber and residue-producing foods, resulting in a reduced amount of bulk in the bowel.

**DEFINITION/RATIONALE:** The Low Fiber/Low Residue Diet contains a reduced amount of plant fibers, although it allows a small amount of indigestible carbohydrate such as cooked fruits and vegetables from which seeds and skins have been removed. This diet may be indicated for patients after intestinal or rectal surgery, in colitis, dysentery, irritable bowel disorder, for patients with partial GI obstruction, or as a transition between the minimal fiber/minimal residue diet and a high fiber/high residue diet.

**NUTRITION ADEQUACY:** The Low Fiber/Low Residue Diet is nutritionally adequate according to the Recommended Dietary Allowances if planned according to the suggested meal plan.

| <u>FOOD GROUP</u>                | <u>FOODS ALLOWED</u>   | <u>FOODS NOT ALLOWED</u>   |
|----------------------------------|--|--|
| <b>DAIRY PRODUCTS</b>            | Milk (buttermilk, chocolate, skim, Whole – up to one cup per day if tolerated), yogurt (plain or flavored with only allowed foods). Low Residue diet: limit milk products to 2 cups per day  | Yogurt flavored with fruit or other foods not allowed  |
| <b>MEATS OR MEAT SUBSTITUTES</b> | Tender meat: beef, ham, lamb, liver, pork, poultry, or veal; fish, shellfish; eggs; cheese, cottage cheese, cream cheese, American cheese, smooth peanut butter  | Tough fibrous meats with gristle; chunky peanut butter; cheese with seeds, dried beans or peas |
| <b>POTATOES AND SUBSTITUTES</b>  | White potatoes without skin, potato salad made with allowed ingredients, macaroni, noodles, spaghetti, white rice  | Sweet potatoes, brown and wild rice, barley, hominy  |
| <b>VEGETABLES</b>                | Canned or cooked: Asparagus, Beets, green or waxed beans, Carrots, mushrooms, spinach; Strained vegetables and vegetable Juice; baby lima beans and peas And other very young tender Cooked vegetables; cooked and Raw tomato (no skins or seeds); Onion in limited quantities | All others especially raw vegetables, cooked vegetable which are not very young and            |
| <b>FRUITS</b>                    | Cooked, canned, baked or stewed fruits without skins or seeds, applesauce, apricots, white cherries, grapefruit or orange sections with no membrane, peaches, pears, ripe banana, strained fruit juices  | Berries, coconut, avocado, prune juice, raw fruits, fruits with skins or seeds                 |