

What you need to know about a

LOW FIBER/LOW RESIDUE DIET

A low-fiber/low-residue diet is for those who need to rest their digestive tract, and may be recommended for patients with gastroparesis, diverticulitis, ulcerative colitis, Crohn's disease or bowel inflammation. Fiber is the part of fruits, vegetables and grains that cannot be digested by the human digestive system, while residue is the fiber and other materials that remains in the colon after digestion and may increase stool output. A low residue diet may help reduce unpleasant symptoms for the medical conditions named above.



Low fiber diets include many white foods that are often not recommended for a healthy diet, but will give your gut time to rest.

- Follow the diet temporarily, as recommended by your doctor.
- After symptoms resolve, you should gradually reintroduce higher fiber and residue causing foods into your diet.
- Take a good multivitamin to replace the nutrients that may be missing in a low fiber diet.
- Avoid foods containing seeds, nuts, whole grain, bran, dried fruits, raw fruits and vegetables, beans, and peas.
- Limit milk and milk products to 2 cups per day. Choose lactose free products if you are lactose intolerant.
- Limit foods high in fat.

Food Group	Recommended	Avoid
Breads, cereals rice and starches 6-11 servings daily	<ul style="list-style-type: none"> ■ Enriched white breads and bread products; crackers, pancakes, waffles ■ Refined cold cereals: puffed wheat, puffed rice, or corn flakes ■ Cooked cereals: cream of wheat, grits, or farina ■ Cooked sweet or white potatoes without skin ■ White rice ■ Pasta 	<ul style="list-style-type: none"> ■ Bread products made with whole-grain flour, bran, seeds, nuts or fruit ■ Corn bread and graham crackers ■ Cereals that are whole grain, bran, or granola-type; or that include nuts, seeds, coconut or dried fruit ■ Brown or wild rice ■ Potatoes with skin ■ Whole wheat pasta ■ Quinoa
Fruits 2-4 servings daily	<ul style="list-style-type: none"> ■ Canned or cooked fruits ■ Applesauce ■ Ripe bananas ■ Soft melons ■ Strained fruit juice 	<ul style="list-style-type: none"> ■ Dried and raw fruit ■ All berries ■ Prune juice ■ Juices containing pulp
Milk & Dairy products No more than 2 servings per day	<ul style="list-style-type: none"> ■ Milk ■ Yogurt ■ Ice cream ■ Cottage cheese ■ Cheeses 	<ul style="list-style-type: none"> ■ Yogurt, ice cream or smoothies with nuts, seeds or berries
Vegetables 3-5 servings daily	<ul style="list-style-type: none"> ■ Well-cooked and canned vegetables without seeds ■ Lettuce, if tolerated ■ Strained vegetable juice 	<ul style="list-style-type: none"> ■ Raw vegetables ■ Vegetables with seeds ■ Sauerkraut ■ Cooked vegetables to include: peas, broccoli, brussel sprouts, caluliflower, corn, cabbage, onions, beans, and squash
Meats, Beans & Proteins 2-3 servings daily	<ul style="list-style-type: none"> ■ Ground, well cooked or tender meats, poultry, fish ■ Eggs 	<ul style="list-style-type: none"> ■ Tough, fibrous meats with fats ■ Dry beans, peas, and lentils ■ Peanut butter
Snacks, Fats & Desserts	<ul style="list-style-type: none"> ■ Margarine, butter, oils mayonnaise, sour cream, salad dressing, cooked herbs and spices ■ Sugar, honey, syrup, jelly ■ Bouillon, broth, and soups made with recommended ingredients ■ Coffee, tea, carbonated beverages ■ Gelatin, puddings, ice cream, sherbet, plain cakes and cookies ■ Pretzels 	<ul style="list-style-type: none"> ■ Nuts ■ Seeds ■ Coconut ■ Jam, marmalade, and preserves ■ Pickles, olives, relish, and horseradish ■ Desserts containing nuts, seeds, dried fruit, coconut; or made from whole grains or bran ■ Candy made with nuts or seeds ■ Popcorn