

## Fiber & Residue Restricted Diet

Dietary residue is the amount of food stuff left in the digestive tract after digestion is done. Low-residue diets are used to help with certain digestive conditions. Long-term use of a low-residue diet may lead to constipation. This diet is to be used for a short period of time only.

### General Guidelines

- Eliminate all raw fruits and vegetables
- Eliminate all whole grain or bran-containing products
- Avoid all types of seeds, nuts, raisins, highly seasoned foods, and deep-fried foods
- The total amount of dietary fiber per day should be less than 20 grams

Food Group	Foods Allowed	Foods to Avoid
Breads fewer than or equal to 1 gram of fiber Serving = 1 slice	Refined breads and rolls (white, French, Italian), bagels, English muffins, croissants, biscuits; Melba toast, rice cakes, soda crackers; flour tortilla shells, waffles, pancakes	Whole-grain, multi-grain & reduced-calorie breads. Breads with seeds, coconut, nuts, dried fruits, bran muffins; graham crackers, rye crackers, whole wheat crackers
Cereals fewer than or equal to 1 gram of fiber Serving = 1 ounce	Refined cereals, such as Special K®, Nutri-Grani®, Life®, Crispy Wheat and Rice®, Crispix®, Cornflakes, Product 19®, Rice and Corn Chex®, Rice Krispies®, puffed rice, most presweetened cereals. Cream of wheat and cream of rice	Bran cereals, including oat bran, raisin bran, corn bran; cracked wheat cereals such as Shredded Wheat®, Grape Nuts®, Grape Nut Flakes®, Oatmeal, grits
Starchy foods fewer than or equal to 1 gram of fiber Serving = ½ cup	Pasta made from refined flour; white rice; soups made from allowed foods	Whole wheat pasta, brown rice
Vegetables fewer than or equal to 2 grams of fiber Serving = ½ cup	Limit to 2 servings a day – 1 cup raw lettuce; cooked green peppers, asparagus, beets, green beans, cabbage, cauliflower, celery, potato without skin, acorn squash (no seeds), eggplant, seedless tomato; Vegetable juice	Most raw vegetables -- Broccoli, Brussels sprouts, carrots, corn, potato with skin, spinach, peas, summer squash, beets, parsnips, turnips, rutabagas, fresh tomatoes, onions, lentils, lima beans, dried peas, kidney beans
Fruits fewer than or equal to 2 grams of fiber. Serving = 1 medium or ½ cup	Limit to 2 servings a day. Raw or canned: applesauce, apricots, banana, melon (no seeds), cherries, peaches, plums, pineapple, canned pears, fruit cocktail; Fruit juices without pulp	Apple (with or without skin), avocado, grapefruit, oranges, pears (raw), strawberries, blackberries, blueberries, raspberries; dates, figs, raisins and other dried fruits; prune juice

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
Meats and meat substitutes	Ground or tender beef, poultry, fish, pork, veal, organ meats; eggs, cheese, cottage cheese, smooth peanut butter, textured vegetable protein	Tough, fibrous meats with gristle; nuts, seeds; chunky peanut butter
Milk	Milk, chocolate milk, yogurt	None
Desserts	Cake, cookies, pie made with allowed ingredients, gelatin, sherbet, fruit whips, ice cream, pudding	Desserts made with coconut, nuts, seeds and fruits
Fat	Butter, margarine, oils, mayonnaise, cream, crisp bacon, plain gravy, plain salad dressings	Olives, nuts, coconut
Beverages	Coffee, tea, decaffeinated beverages, carbonated beverages, cereal beverages	None
Miscellaneous	Chocolate, jelly beans, marshmallows, hard candy, honey, molasses, sugar, ketchup, vinegar, mustard, most spices.	Nut bars, peanut brittle, pickles, sesame seeds, nuts, coconut
Seasonings	Iodized salt, all ground seasonings as tolerated	Whole spices, seeds

### **Sample Menu Pattern**

#### **BREAKFAST**

Orange juice without pulp  
 Cream of wheat/sugar  
 Poached egg  
 Toast  
 Margarine/butter  
 Jelly  
 Milk  
 Coffee or tea  
 Cream & sugar

#### **LUNCH**

Cream of mushroom soup  
 Crackers  
 Chicken sandwich  
 Margarine/butter  
 Sherbet  
 Banana  
 Coffee or tea  
 Cream & sugar

#### **DINNER**

Beef sirloin  
 Mashed potatoes/gravy  
 Beets  
 Dinner roll  
 Margarine/butter  
 Canned peaches  
 Milk  
 Coffee or tea  
 Cream & sugar