

GASTROINTESTINAL HEALTHCARE

Improving Your Health From The Inside Out.

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LOW FIBER/LOW RESIDUE DIET

A low-residue/low fiber diet may be recommended during the flare-up periods of diverticulitis and inflammatory bowel disease (IBD - Crohn's disease and ulcerative colitis). It may also be recommended as a pre- and post-operation diet to decrease bowel volume. An intake of less than 10g of fiber per day is generally considered a low residue/low fiber diet. Many people use the terms "low-residue diet" and "low-fiber diet" interchangeably. Note that they are similar but not exactly the same however. Some low fiber foods, such as dairy and coffee, can actually increase residue or stimulate bowel movement. Some foods that are lower in residue, such as blenderized bran, are indeed high in fiber. In general, a low-residue diet is more restrictive than a low-fiber diet. Therefore, it is important to check with your healthcare providers whether a low-fiber diet is sufficient or perhaps a true low-residue diet is required. If you have been on a low-residue diet for an extended period of time, your doctor may recommend a daily multi-vitamin/mineral supplement.

Low Residue Diet

Grain Products:

- enriched refined white bread, buns, bagels, English muffins
- plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- white rice, refined pasta and noodles
- avoid whole grains

Fruits:

- fruit juices, except prune juice
- applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- avoid raw and dried fruits, raisins and berries

Vegetables:

- vegetable juices
- potatoes (no skin)
- well-cooked and tender vegetables including alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini
- avoid vegetables from the cruciferous family such as broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, etc.

Meat and Protein Choice:

- well-cooked, tender meat, fish and eggs
- avoid beans and lentils

Nuts and Seeds:

- avoid all nuts and seeds, as well as foods that may contain seeds (such as yogurt)

Dairy:

- you may have dairy products