

## **LOW FIBER** **LOW RESIDUE DIET**

Low Fiber-Low Residue Diet  
(4-10 GRAMS FIBER}

### **PURPOSE**

Dietary fiber is the undigestible part of the plants that maintains the structure of the plant. Dietary fiber includes cellulose, hemicellulose, polysaccharides, pectins, gums, mucilages, and lignins. Although they are chemically unrelated, they all resist digestion by the human body. It is this resistance that makes these fibers important in both the normal functioning and in disorders of the large intestine or colon.

In certain medical conditions, it is important to restrict fiber. These include acute or subacute diverticulitis, and the acute phases of certain inflammatory conditions of the bowel - ulcerative colitis or Crohn's disease. After some types of intestinal surgery, a low fiber, low residue diet may be used as a transition to a regular diet. A low fiber diet may also be used for a period of time after a colostomy or ileostomy is performed.

### **NUTRITION FACTS**

Depending upon individual food selection, the Low Fiber, Low Residue Diet is adequate in all nutrients (National Research Council's Recommended Dietary Allowance). If the diet must be strict and followed over a long period of time, the intake of fruits and vegetables may not be adequate; and/or on a low residue diet, there may not be enough calcium included. In these cases, a multi-vitamin supplement or liquid nutritional supplement may be needed.

### **SPECIAL CONSIDERATIONS**

If a low fiber or low residue diet results in abdominal cramps or discomfort, notify the dietitian or physician immediately.

## FOOD GROUPS

| <u>GROUP</u>   | <u>RECOMMEND</u>   | <u>AVOID</u>  |
|--|--|---|
| <b>Milk and Milk Products</b><br>(2 or more cups daily)            | All milk products  | More than 2 cups daily of all milk products   |
| <b>Vegetables</b><br>(2 servings daily)<br>1 serving=1/2 cup       | vegetable juice without pulp; the following cooked vegetables: yellow squash (without seeds), green beans; wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots; tomato sauce and paste | vegetable juices with pulp, raw vegetables, cooked vegetables not on <b>Recommend</b> list  |
| <b>Fruits</b><br>(2-3 servings daily)<br>1 serving=1/2 cup         | fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons, peeled and cooked apples, orange and grapefruit without the membrane   | fruit juices with pulp, canned pineapple, fresh fruit except those on <b>Recommend</b> list, prunes, prune juice, dried fruit, jam, marmalade |
| <b>Starches - Bread &amp; Grains</b><br>(4 or more servings daily) | bread and cereals made from refined flours, pasta, white rice, saltines, tapioca   | whole grain breads, cereals, rice pasta; bran cereal; oatmeal   |
| <b>Meat or Meat Substitutes</b><br>(5 - 6 oz daily)                | meat, poultry, eggs, seafood, cottage cheese, other mildly flavored cheeses  | chunky peanut butter, nuts, seeds, dried peas, tough gristly meats, hot dogs, sausage, sardines, fried meats, strongly flavored cheeses       |
| <b>Fats and Oils</b><br>(servings depend on caloric needs)         | all oils, margarine, butter all  | coconut, fats used for deep frying  |
| <b>Sweets and Desserts</b><br>(servings depend on caloric needs)   | all not on <b>Avoid</b> list   | desserts containing nuts, coconut, raisins, seeds   |
| <b>Miscellaneous</b>   | all not on <b>Avoid</b> list   | popcorn, pickles, horseradish, relish   |

## SAMPLE MENU

| <u>Breakfast</u>  | <u>Lunch</u>   | <u>Dinner</u>  |
|---|--|--|
| orange juice 1/2 cup<br>cornflakes 1 cup poached<br>egg •<br>white toast 1 slice<br>margarine 1 tsp<br>jelly 1 Tbsp • skim<br>milk 1 cup coffee<br>3/4 cup sugar 1<br>tsp<br>non-dairy creamer<br>salt/pepper | fish 3 oz<br>rice 1/2 cup<br>cooked green beans 1/2 cup<br>white bread 1 slice •<br>margarine 1 tsp<br>jelly 1 Tbsp<br>applesauce 1/2 cup<br>coffee 3/4 cup sugar<br>1 tsp<br>non-dairy creamer<br>salt/pepper | chicken breast 3 oz<br>noodles 1/2 cup cooked<br>carrots 1/2 cup white<br>bread 1 slice margarine<br>1 tsp<br>jelly 1 Tbsp<br>canned peaches 1/2 cup skim<br>milk 1 cup<br>coffee 3/4 cup sugar<br>1 tsp<br>non-dairy creamer<br>salt/pepper |

THIS SAMPLE DIET PROVIDES THE FOLLOWING:

CALORIES ..... 1576  
 PROTEIN .....89 GM  
 CARBOHYDRATES .....215 GM  
 FAT .....45 GM  
 SODIUM.....2817 MG  
 POTASSIUM.....3510 MG