

Low Residue diet

A low-fiber diet is a diet restricted in raw vegetables or vegetables with skin, fruits with skin and seeds, cereals, nuts, corn, pop corn, peas, dry beans and whole grains. It is designed to the frequency and the volume of stool, prolonging the intestinal transit time. Generally well-cooked, skinned or canned vegetables and canned or very ripe fruits have low fiber content and is what is referred to low fiber diet. Whole-grain breads and cereals/bran are to be replaced with refined products. Legumes, seeds, corn, raw or dried fruits, popcorn and nuts are to be omitted. Please read the food labels, as some yogurts, ice creams and even beverages may contain added fiber. Do not eat foods that have more than 1 gram of fiber in a serving. A low residue diet typically contains less than 7–10 grams of fiber per day. Long term use of this diet, containing processed foods and reduced intake of fruits and vegetables, may cause nutritional deficiencies.

FOODS RECOMMENDED:

Breads/Grains:

Refined cereals such as cream of wheat, refined/white bread, toast, rolls, biscuits, muffins, crackers, pancakes, waffles and pastas.

Enriches light rye bread or rolls.

Refined ready-to-eat cereals made out of rice, corn or oats (Puffed rice, puffed wheat, Rice Krispies, Cornflakes and Cheerios).

Cooked refined wheat, white rice, noodles and macaroni.

Strained oatmeal, grits and farina.

Vegetables and Fruits:

Most tender cooked and canned vegetables or fruits without seeds, hulls and skins such as carrots, tomatoes, asparagus tips, beets, avocado, apricots, Pears (without skin), peaches, pumpkin, squash (acorn) without seeds, potato (no skin), strained fruit juice, canned applesauce, pureed plums and ripe bananas.

Milk/Dairy:

Milk and foods made from milk up to 2 cups a day, such as yogurt (no berries), pudding, ice cream, ricotta and cottage cheeses and sour cream.

Meat and Eggs:

Ground or well-cooked, tender beef, lamb, ham, veal, pork, and poultry and fish.

Eggs

Fat/Snacks/soups:

Butter, margarine, oils, mayonnaise, plain gravies, broth, cream and strained soups from allowed foods (no corn).

Miscellaneous:

Soy sauce, ketchup, white sauce and salad dressings without seeds.

Tofu.

Desserts with no whole grains, seeds, nuts, raisins or coconut.

Creamy peanut butter — up to 2 tablespoons a day.

Pulp free and strained juices.

Vinegar, vanilla and other flavoring extracts.

Decaffeinated coffee, herb tea and caffeine-free carbonated beverages.

FOODS TO AVOID:

Breads/Grains:

Whole-wheat or whole-grain breads and pastas, corn bread, oatmeal, cereal with seeds/nuts, graham flour/crackers, bran, barley, wild or brown rice, seeds, nuts and coconut.

Vegetables and Fruits:

Raw vegetables except lettuce and other leaf.

Fruits with seeds, sauerkraut, winter squash, and peas, dried fruit, berries and prune juice.

Milk/Dairy:

Yogurt containing fruit skins or seeds.

Strongly flavored cheeses.

Meat:

Tough fibrous meats with gristle.

Meats prepared with whole-grain ingredients, seeds, or nuts.

Raw clams and oysters.

Miscellaneous:

Nuts, seeds, and popcorn.

Dry beans, legumes, peas and lentils.

Chunky peanut butter.

Pepper, chili pepper and other hot sauces.

Chocolate with cocoa powder, except white chocolate, raisins, spices, pickles, olives, mustards, spicy ketchups, vinegar, spiced dressings

Jam or marmalade with nuts and seeds.

Beverages containing caffeine.