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## **LOW FIBER – LOW RESIDUE DIET**

### **PURPOSE**

Dietary fiber is the undigestible part of plants that maintains the structure of the plant. Dietary fiber includes cellulose, hemicellulose, polysaccharides, pectins, gums, mucilages, and lignens. 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 sub-acute 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 is also 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 dietician or physician immediately.

<b>FOOD GROUPS</b>		
<b>Group</b>	<b>Recommend</b>	<b>Avoid</b>
Milk & Milk Products (2 or more cups daily)	All milk products	Low Residue Diet only 2 cups daily of all milk products
Vegetables (3 or more servings daily)	Lettuce, 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	Vegetable juices with pulp, raw vegetables (except lettuce), cooked vegetables <u>NOT</u> on Recommended List
Fruits (2 or more servings daily)	Fruit juices without pulp, canned fruit (except pineapple), ripe bananas, melons	Fruit juices with pulp, canned pineapple, fresh fruit (except those on Recommended List), prunes, prune juice, dried fruit, jam marmalade
Breads & Grains (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice and pasta, bran cereal, oatmeal
Meat or Meat Substitutes (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas
Fats & Oils (servings depend on caloric needs)	All oils, margarine, butter	Coconut
Sweets & Desserts (servings depend on caloric needs)	All not on Avoid List	Desserts containing nuts, coconuts
Miscellaneous	All not on Avoid List	Popcorn, pickles, horseradish, relish

<b>SAMPLE MENU</b>			
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	
<ul style="list-style-type: none"> <li>• Orange juice, ½ cup</li> <li>• Cornflakes, 1 cup</li> <li>• Poached egg</li> <li>• White toast, 1 slice</li> <li>• Margarine, 1 tsp</li> <li>• Jelly, 1 tbsp</li> <li>• Skim milk, 1 cup</li> <li>• Coffee, ¾ cup</li> <li>• Sugar, 1 tsp</li> <li>• Non-dairy creamer</li> <li>• Salt/pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Fish, 3 oz</li> <li>• Mashed potatoes, ½ cup</li> <li>• Cooked green beans, ½ cup</li> <li>• White bread, 1 slice</li> <li>• Margarine, 1tsp</li> <li>• Jelly, 1 tbsp</li> <li>• Applesauce, ½ cup</li> <li>• Coffee, ¾ cup</li> <li>• Sugar, 1 tsp</li> <li>• Non-dairy creamer</li> <li>• Salt/pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken breast, 3 oz</li> <li>• Medium baked potato without skin</li> <li>• Cooked carrots, ½ cup</li> <li>• White bread, 1 slice</li> <li>• Margarine, 1 tsp</li> <li>• Jelly, 1 tbsp</li> <li>• Canned peaches, ½ cup</li> <li>• Skim milk, ½ cup</li> <li>• Coffee, ¾ cup</li> <li>• Sugar, 1 tsp</li> <li>• Non-dairy creamer</li> <li>• Salt/pepper</li> </ul>	
<b>This Sample Diet Provides the Following</b>			
Calories	1576	Fat	45g
Protein	89g	Sodium	2817mg
Carbohydrates	215g	Potassium	3510mg