

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

LOW RESIDUE DIET

Description

The low residue diet contains foods that are easy to digest, such as tender meats, fruits, and vegetables of moderate fiber content. Nuts, seeds, and some raw fruits and vegetables (based on dietary fiber content) are not allowed because these foods may cause irritation to the intestinal tract. Fruits and vegetables are limited to 2 servings per day and must contain less than 2 grams of dietary fiber per serving. This diet provides approximately 10 grams of dietary fiber per day.

Indications for Use

The low residue diet is indicated for use before and/or after surgery on the lower bowel, in acute diarrhea, and in any condition in which a bowel movement is contraindicated. The purpose of this diet is to minimize fecal volume.

Nutritional Adequacy

The diet is inadequate in calcium, thiamin, riboflavin, Vitamins A and D and folic acid. Commercial, chemically defined low residue supplements should be considered if this diet is used for an extended period of time.

Dietary Guide

Low Residue Diet	Foods Allowed	Foods Restricted
Beverages	Carbonated beverages, cereal beverages, coffee, decaffeinated coffee, tea, cream 2 oz	Milk and milk drinks, alcohol
Breads	Refined enriched bread, soda crackers	Whole grain breads, cereals, bran, bread with seeds, nuts or dried fruit, seasoned crackers with seeds or spices
Cereals	Cooked refined corn, rice and wheat cereal, commercially refined corn, oat, rice and wheat cereals	Oatmeal, unrefined cereals (bran, granola, whole grains with seeds, nuts, dried fruit)

Desserts	Plain cookies, angel or sponge cake, plain gelatin desserts, fruit ices, popsicles	Desserts made with milk
Eggs	Baked, poached, soft or hard cooked, scrambled	Fried or creamed eggs
Fats	Butter, cream for cereals and coffee 2 oz, margarine, broth-type gravy	Milk-based gravy
Fruit and fruit juices	Strained fruit juice	Prune juice, fresh or canned fruits
Meat, fish, poultry	Tender, plain beef, lamb, pork, ham, crisp bacon, poultry, veal, white fish and salmon when baked, boiled, broiled or roasted	Meat and shellfish with tough connective tissue
Meat substitutes	Cooked eggs, cream cheese	Fried, creamed eggs, all dried legumes, lima beans, peas, nuts, yogurt, peanut butter, cheese
Milk and dairy products	Cream for use with cereal and coffee 2 oz	Milk, yogurt, ice cream
Potatoes, rice, pasta	Instant milk-free mashed potatoes, refined macaroni, noodles, rice, spaghetti	Whole grain or wild rice, baked potatoes, sweet potatoes
Soups	Bouillon, broth, consommé	Soups containing lentils, legumes, vegetables, milk-based soups
Sweets	Sugar, honey, jelly, syrup, hard candy	Jams, preserves, marmalades containing fruit seeds or skins, fruits, coconut, raisins or nuts, candied fruits
Vegetables, vegetables juices	Vegetable juices	All cooked or raw vegetables

Miscellaneous	Salt, ground or finely chopped herbs and spices, flavoring extracts, white sauce, mild gravy, cream substitutes	Pickles, relish, potato chips, popcorn

Meal Plan

Breakfast	Lunch	Dinner
Orange juice $\frac{3}{4}$ cup Cream of wheat $\frac{1}{2}$ cup Banana 1 medium White toast 2 slices Margarine 2 tsp Jelly 1 tbsp Low fat 1% milk 1 cup Coffee/tea	Vegetable soup 1 cup Sliced turkey 2 oz White bread 2 slices Mustard 1 tsp Mayonnaise 1 tbsp Butter lettuce and alfalfa sprouts Peaches, canned $\frac{1}{2}$ cup Angel food cake 1 slice Low fat 1% milk 1 cup	Consommé 1 cup Broiled skinless chicken breast 3 oz White rice $\frac{1}{2}$ cup French-cut green beans $\frac{1}{2}$ cup French roll 1 Margarine 1 tsp Low fat frozen yogurt 1 $\frac{1}{2}$ cups Beverage