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### Fiber Restricted / Low-Residue Diet

**PURPOSE:** To provide a diet that will result in decreased fecal material in the lower bowel and reduced fecal output

**USE:** This diet is useful during acute episodes of GI tract irritation (such as ulcerative colitis, Crohn's disease, diverticulitis, and diarrhea. It may also be used in cases of stenosis of the esophagus and intestinal lumen, post-surgically in progression to a regular diet, or in preparation for a diagnostic test.

**DESCRIPTION:** Fiber is a general term used to describe plant material which resists digestion. Residue, in general, refers to both the indigestible content of a food, and to the total content of the lumen after digestion is complete (fecal output). A diet restricted in fiber and residue should decrease the frequency and volume of fecal output while increasing intestinal transit time. This diet provides minimum indigestible carbohydrates by using cooked or pureed tender vegetables and ripe, canned or cooked fruits from which seeds and tough skins have been removed. Meats made tender in the cooking process are used to decrease the amount of connective tissue.

### Suggested Meal Plan and Sample Menu

#### Breakfast

1 serving fruit/juice	½ fresh orange
1 serving meat/meat substitute	1 egg, scrambled or equivalent
3 servings bread/cereal	¾ cup corn flakes
	2 slices white toast
2 servings fat	2 tsp margarine
1 serving milk (2% fat)	1 cup 2% milk
Beverage	1 serving coffee
Condiments	¼ tsp salt
	¼ tsp pepper
	Sugar

#### Lunch

2 servings lean meat/meat substitute	2 ounces lean roast beef
1-2 servings vegetables	½ cup green beans
1 serving starch/bread	½ baked potato without skin
	2 dinner rolls
1 serving fruit	½ cup banana pudding
2 servings fat	2 tsp margarine
1 serving milk (2% fat)	1 cup 2% milk
Beverage	¼ tsp salt
	¼ tsp pepper
	Sugar

Dinner

3 servings lean meat/meat substitute	3 ounces baked chicken without skin
1-2 servings vegetables	½ cup carrots
3 servings starch/bread	½ cup lima beans
	2 slices white bread
1 serving fruit	½ cup banana pudding
2 servings fat	2 tsp margarine
1 serving milk (2% milk)	1 cup 2% milk
Beverage	1 cup coffee
Condiments	¼ tsp salt
	¼ tsp pepper
	Sugar

Food	Allowed	Not Allowed
Beverages	Milk and milk drinks (milk contains some residue and should be limited to 2 cups a day); carbonated beverages, coffee, tea, decaffeinated and cereal beverages	Drinks made from foods not allowed
Bread	Refined enriched white, rye, or wheat bread or toast; crackers, melba toast, rusk; biscuits, baked cornbread, rolls, waffles, plain coffee, cake, plain bagels	Other hot breads, fried cornbread, hush puppies, pancakes, breads or crackers with seeds, nuts, or raisins; cracked wheat bread; breads containing bran or other unrefined grains
Cereal	Any corn, rye, oat, or refined wheat cereal (dry or cooked)	Whole wheat cereal, bran cereal or other items with coarse hulls, nuts, etc., granola
Cheese	American processed, cottage, cream, mozzarella, ricotta	Sharp cheeses, processed cheese spreads or balls with nuts or seeds
Egg	Boiled, creamed, poached, scrambled	
Fats	Butter, cream, lard, margarine; mayonnaise or mayonnaise type salad dressings; crisp bacon, salad oils, plain gravies, sour cream	Nuts, olives, fatback, fried foods, seasoned salad dressings
Fruit	Any cooked or canned without seeds or skins, such as applesauce, peeled baked apple, apricots, cherries, fruit cocktail, orange or grapefruit sections, peaches, pears, plums, fresh ripe banana; oranges and grapefruit without membranes; strained fruit juices	Fruits containing seeds and skins; raw fruits except those allowed; spiced apples; prune juice
Meat	Baked, broiled, creamed or stewed; tender cuts of beef, chicken, fish, lamb, liver, fresh pork, sweetbreads, turkey, veal, canned salmon or tuna	Fried or rare meats, fish or fowl; luncheon meats; smoked or salt cured meats or fish (except bacon); highly spiced meats; corned beef, frankfurters
Potato or Substitute	White potatoes (no skin) baked or boiled, creamed or whipped; grits, macaroni, noodles, rice, spaghetti; sweet potatoes, yams without skins or fibers	Fried potatoes, potato chips, skin of potato, whole wheat pastas
Salad	Any made with fruits or vegetables allowed; small amount of lettuce tolerated	Raw fruit, vegetable salads

Food	Allowed	Not Allowed
Soup	Broth or cream soups, strained or made with allowed foods	Highly seasoned soups or those made from strongly flavored vegetables; soups made from foods not allowed
Sweets	Plain candies, honey, jelly, sugar, jams from allowed fruits, syrups, marshmallows	Candies with coconut, candied fruits, nuts, raisins, spicy jellies, other jams or marmalade containing seeds or skins
Vegetables	Tender cooked asparagus, beets, carrots, baby okra, wax or green beans, spinach, squash, tender raw lettuce, peeled ripe tomato; vegetable juices	Other raw and cooked vegetables such as broccoli, Brussels sprouts, corn, fresh tomatoes, peas, cabbage, onions, turnips, cauliflower or zucchini; dried beans and peas
Miscellaneous	Cream sauces, mild herbs and spices, chocolate, cocoa, strained cranberry sauce, gravy, lemon juice, salt, pepper, vinegar, creamy peanut butter, mild catsup, mustard	Highly seasoned foods, whole cranberry sauce, garlic, Horseradish, hot sauces, nuts, olives, pickles, popcorn, raisins, crunchy peanut butter, fried snack foods, chili sauce, dehydrated onions and peppers, relish, chili powder, hot curry