

Low Fiber, Low Residue for Cancer



Background:

Fiber refers to the material in food that cannot be digested by the human body. Residue refers to the matter left in the colon after the food has been digested. Foods with high amounts of residue are not necessarily high in fiber, i.e. milk and milk products.



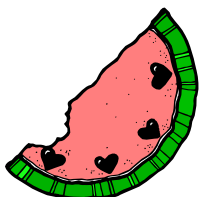
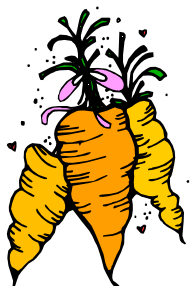
Diet:

The Low Fiber/Low Residue Diet is designed to avoid blockage of a stressed gastrointestinal tract, and to decrease the amount of fecal output. It includes foods that are not stimulating to the lower GI tract and are completely digestible.



Special Considerations:

1. It is recommended that the prescribed dietary guidelines be followed during radiation treatment to the abdomen. A long-term fiber restricted diet may not be sufficient in certain vitamins and minerals. It may be necessary to take a multi vitamin supplement. If a Low Fiber/Low Residue Diet results in abdominal cramps or discomfort, notify your physician immediately.
2. If problems with diarrhea develop, a soft, bland, low **lactose** diet is often recommended. The following are guidelines for a **Bland Diet**:
 - Since lactose intolerance is a common problem, all dairy products need to be avoided
 - Avoid spicy meats such as pepperoni, chili, and sausage, and spiced cheeses (i.e. pepper jack)
 - Avoid all caffeine containing and alcoholic beverages
 - Limit chocolate candy and desserts, syrup, coffee-flavored desserts
 - Avoid spicy Salad dressings, gravies made of meat extract
 - Avoid black and white pepper, red pepper products, chili and mustard powders, and chili peppers
3. It may be necessary to follow a low to moderate fat diet. Your physician will tell you if this is necessary.



Dietitian:	_____
Phone:	_____
Facility:	_____

Food Group	Recommended Foods	Foods to Limit
Milk & Dairy	Milk, cheese, cottage cheese, and yogurt (as tolerated)	Yogurt containing nuts, seeds or fruit skins (blueberry, strawberry, cherry). Cheese containing nuts, seeds, or other foods not allowed *You may be advised to limit milk intake to no more than 2 cups/day
Vegetables	Lettuce, spinach, vegetable juice without pulp, cooked vegetables: yellow squash without seeds, green beans, waxed beans, canned vegetables without seeds, eggplant, pumpkin, asparagus, beets, and potatoes without skin	Raw vegetables, except lettuce, winter squash, peas cooked vegetables not on Recommended List Tip: Remove skin from vegetables
Fruits	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, applesauce, ripe melons	Fruit juices with pulp, canned pineapple, fresh fruit not on recommended list, prunes, prune juice, dried fruit, berries, jam, marmalade
Starches, Bread and Grains	Refined breads, rolls, biscuits, muffins, crackers, pancakes and waffles, without nuts and/or seeds. White rice and refined flour pasta Refined cereals cooked or dry, including farina and grits, puffed rice, puffed wheat	Any bread product made with whole grain flour, bran, seeds, nuts, coconut or raw or dried fruit, cornbread and graham crackers Any whole grain, bran or granola cereal, oatmeal, cracked or shredded wheat, any cereal with nuts, seeds, coconut, or dried fruit.
Meat, Poultry, Fish, Dry Beans and Peas, Eggs and Nuts	Ground or well cooked tender beef, lamb, ham, veal, pork, poultry, fish and organ meats. Eggs	Tough fibrous meats with gristle Dry beans, peas and lentils Chunky peanut butter
Fats and Oils	All oils, margarine, butter, gravy, salad dressing, mayonnaise, and bacon	Coconut, nuts and salad dressings containing foods not allowed (poppy seed, thousand island)
Sweets and Desserts	Hard Candy, plain cakes and cookies made from refined flour, custard, jelly and plain fruit popsicle	Whole grain flour, bran, raisins, dried fruits, seeds, nuts, coconut
Miscellaneous	Coffee tea, cocoa, fruit drinks, punch and carbonated beverages	Popcorn, pickles, horseradish relish, seeds