

LOW-FIBER, LOW-RESIDUE EATING PLAN



Fiber refers to the material in food that cannot be digested (broken down) by the human body. Residue refers to the material left in the colon (large intestine) after the food has been digested. Foods with residue are not necessarily high in fiber (for example: milk and milk products).

EATING PLAN

A low-fiber, low-residue eating plan is easier on the digestive system, can help prevent intestinal [in-TESS-tin-uhl] blockage, and lower the amount of stool (poop). It includes foods that are not stimulating to the colon and are completely digestible. You may need to follow this plan if you have:

- Diverticulitis [die-ver-tik-you-LIE-tiss]
- Side effects from radiation therapy and chemotherapy
- Certain types of intestinal surgeries, such as a colostomy [coh-LOSS-tuh-mee] or ileostomy [ill-ee-OSS-toe-mee]

Doctors recommend that you follow a low-fiber, low-residue eating plan until your symptoms go away, which may take 6 to 8 weeks. If needed, your doctor may tell you to follow a low- to moderate-fat diet.

Contact a dietitian for more information about a low-fiber, low-residue eating plan:

DIETITIAN: _____

PHONE: _____

FACILITY: _____

SPECIAL CONSIDERATIONS

A low-fiber, low-residue eating plan:

- **May not give you all of the vitamins and minerals you need** so you may need to take a multi-vitamin supplement.
- **Can cause abdominal (belly) cramps or discomfort.** If this happens, call your doctor or nurse right away.
- **May cause diarrhea.** If this happens, you may need to switch to a soft, bland, low-lactose diet. (Lactose is the main carbohydrate in dairy foods, such as milk, cheese, and yogurt.)

If you're still experiencing symptoms, consider additional changes, such as:

- Few or no dairy products, especially if you experience lactose intolerance
- No spicy foods, such as pepperoni, chili, sausage, spiced cheeses, hot peppers, black or white pepper, chili or mustard powders
- No caffeinated or alcoholic beverages
- Limited sweets, such as chocolate, candy, desserts, syrup, and coffee-flavored sweeteners
- Avoid spicy salad dressings and gravies made of meat extract

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MILK & DAIRY (as tolerated)

RECOMMENDED FOODS

- Milk
- Cheese
- Cottage cheese
- Yogurt

Note: You may choose dairy alternatives, such as soy and rice milk if dairy products are not well tolerated

FOODS TO LIMIT

- Yogurt containing nuts, seeds, or fruit skins (blueberry, strawberry, cherry)
- No cheese containing nuts, seeds, or other foods

Note: You may need to limit milk to no more than 2 cups per day



VEGETABLES

RECOMMENDED FOODS

- Lettuces & spinach
- Vegetable juice without pulp
- Cooked vegetables including:
 - Yellow squash without seeds
 - Green beans
 - Waxed beans
 - Canned vegetables without seeds
 - Eggplant
 - Pumpkin
 - Asparagus
 - Beets
 - Potatoes without skin

FOODS TO LIMIT

- Raw vegetables
- Winter squash (such as acorn, butternut)
- Peas
- Any cooked vegetables not on recommended list

Note: Remove skin from vegetables



FRUITS

RECOMMENDED FOODS

- Fruit juices without pulp
- Canned fruit (except pineapple)
- Ripe bananas
- Applesauce
- Ripe melons

FOODS TO LIMIT

- Fruit juices with pulp
- Canned pineapple
- Fresh fruit not on recommended list
- Prunes & prune juice
- Dried fruit
- Berries
- Jam & marmalade



FATS & OILS

RECOMMENDED FOODS

- All oils, margarine, & butter
- Gravy
- Salad dressing
- Mayonnaise
- Bacon

FOODS TO LIMIT

- Salad dressings containing foods not allowed (poppy seed, Thousand Island)



STARCHES, BREAD & GRAINS

RECOMMENDED FOODS

- Refined breads, rolls, biscuits, muffins, & crackers
- Pancakes and waffles, without nuts and/or seeds
- White rice
- Refined flour pasta
- Refined cereals cooked or dry, including farina & grits, puffed rice, puffed wheat

FOODS TO LIMIT

- Bread products made with:
 - Whole grain flour
 - Bran
 - Seeds
 - Nuts
- Cornbread
- Graham crackers
- Cereal containing:
 - Whole grain
 - Bran
 - Granola
 - Oatmeal
 - Cracked or shredded wheat
 - Nuts
 - Coconut
 - Dried fruit
- Oatmeal



PROTEIN

RECOMMENDED FOODS

- Ground or well-cooked tender beef
- Lamb
- Ham
- Veal
- Pork
- Poultry
- Fish and organ meats
- Tofu
- Smooth peanut butter
- Eggs

FOODS TO LIMIT

- Tough, fibrous meats with gristle
- Dry beans, peas, & lentils
- Chunky peanut butter



SWEETS & DESSERTS

RECOMMENDED FOODS

- Hard candy
- Plain cakes & cookies made from refined flour
- Custard & jellies
- Plain fruit popsicles

FOODS TO LIMIT

- Cakes, cookies, or sweets made with:
 - Whole-grain flour
 - Bran
 - Seeds
 - Dried fruit or raisins
 - Coconut
 - Nuts



MISCELLANEOUS

RECOMMENDED FOODS

- Coffee & tea
- Hot cocoa
- Fruit drinks & punch
- Carbonated beverages

FOODS TO LIMIT

- Popcorn
- Pickles
- Horseradish
- Relish

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