

## Low-Fiber, Low-Residue Diet

Low-fiber and low-residue diets slow the movement and decrease the amount of stool in the intestines (bowel). By decreasing the bowel activity, the intestines can rest and heal. This may also prevent blockages. These diets may be advised for patients with bowel inflammation.

Low fiber, low residue diets also are used when there is narrowing of the bowel, before or after major surgery of the digestive tract, or when radiation therapy causes complications.

*With good food choices, this diet will meet all your nutrition needs.*

Dietary fiber is the part of fruits, vegetables, and whole grains that is not digested by humans. Residue is the fiber, as well as other materials, found in the colon after digestion.

A low-fiber diet contains less than 10 to 15 grams of fiber per day. A low residue diet is similar to a low fiber diet, but also excludes foods that may increase the amount of stool. Some foods that increase the amount of stool include milk products and prune juice.

Both low-fiber and low-residue diets will give you the Recommended Dietary Allowances (RDAs) if food choices are made properly. Long-term use of a low-fiber or low-residue diet may not provide enough of the vitamin C or folic acid that you require. You should talk to your doctor or dietitian about the need for supplements in your diet.

### General Guidelines

#### **Low Fiber**

- Include white bread and refined cereals and rice products. Avoid products made with whole grain flour, bran, seeds or nuts.
- Choose canned or cooked fruits and vegetables. Some allowed raw or cooked fruits and vegetables may cause discomfort; omit these foods. Drink juices without pulp.
- Eat tender, ground or well-cooked meats. Avoid all dried beans and peas.

#### **Low Residue**

- Follow low-fiber guidelines.
- Limit milk and milk products to 2 cups per day.
- Exclude prune juice from diet.

<b>Breads and Starches</b> 6 servings per day (Choose grain foods with less than 2 grams of dietary fiber per serving)		
<b><i>Serving Size</i></b>	<b><i>Foods Recommended</i></b>	<b><i>Foods Not Recommended</i></b>
<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• ½ cup cooked cereal</li> <li>• ⅓ cup pasta</li> <li>• ⅓ cup rice</li> </ul>	<ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, muffins, crackers, light rye bread without seeds or nuts</li> <li>• Pancakes, waffles</li> <li>• Tortillas</li> <li>• Refined cooked cereal, such as cream of wheat, cream of rice, grits, farina</li> <li>• Dry cereal such as corn flakes, Rice Krispies, Special K, puffed rice</li> <li>• White or sweet potato (no skin)</li> <li>• White rice</li> <li>• Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain, stone ground, cracked wheat, pumpernickel or dark rye bread</li> <li>• Whole grain crackers, muffins or cereal</li> <li>• Corn bread, corn muffins</li> <li>• Popcorn</li> <li>• Bran cereals, granola, oatmeal, whole wheat cereal</li> <li>• Whole wheat pasta</li> <li>• Brown rice</li> <li>• Buckwheat, kasha, millet, barley, quinoa</li> <li>• Any product made with seeds, nuts, coconut, bran or dried fruit</li> </ul>
<b>Meats and Protein Substitutes</b> 4 to 6 oz. per day		
<b><i>Serving Size</i></b>	<b><i>Foods Recommended</i></b>	<b><i>Foods Not Recommended</i></b>
<ul style="list-style-type: none"> <li>• 1 oz. cooked</li> </ul>	<ul style="list-style-type: none"> <li>• Tender, ground or well-cooked meats, fish, poultry</li> <li>• Eggs</li> <li>• Tofu</li> <li>• Smooth nut butters, such as creamy peanut butter, soy, almond or sunflower butter</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Legumes, beans or peas—kidney, navy, lima, black, pinto, soy, black-eyed, split, yellow, lentils, chickpeas or garbanzo</li> <li>• Nuts, crunchy peanut butter</li> </ul>

<b>Vegetables</b> 2 servings per day (Choose vegetables with less than 2 grams of dietary fiber per serving)		
<b>Serving Size</b>	<b>Foods Recommended</b>	<b>Foods Not Recommended</b>
<ul style="list-style-type: none"> <li>• ½ cup cooked or canned</li> <li>• ½ cup raw without skin, medium sized</li> <li>• 1 cup vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Any well-cooked or canned vegetables without seeds, skins, or hulls. (See those on the not recommended list.)</li> <li>• Mashed potatoes</li> <li>• Raw, without seeds, skins, or hulls—cucumbers, green pepper, romaine, tomatoes, zucchini</li> <li>• Vegetable juice without pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked, canned, or raw alfalfa or bean sprouts, peas and corn, or gas-forming vegetables (including beets, broccoli, Brussels sprouts, cabbage, sauerkraut, lima beans, mushrooms, okra, onions, parsnips, peppers, potato skins)</li> <li>• Any raw or undercooked vegetables not on the recommended list.</li> <li>• Any juice with pulp</li> </ul>
<b>Fruits</b> 2 servings per day (Choose fruits with less than 2 grams of dietary fiber per serving)		
<b>Serving Size</b>	<b>Foods Recommended</b>	<b>Foods Not Recommended</b>
<ul style="list-style-type: none"> <li>• ½ cup canned or cooked</li> <li>• ½ cup raw without skin, medium sized</li> </ul>	<ul style="list-style-type: none"> <li>• Any well-cooked, canned or soft fruits without seeds, skins, or hulls. (See those on not recommended list.)</li> <li>• Raw, without skin—apricot, avocado, banana, cantaloupe, honeydew, nectarine, papaya, peach, plum, watermelon</li> <li>• Any strained juice without pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked, canned, or raw figs, prunes, berries</li> <li>• Any raw fruit not on the recommended list or those with seeds, skins, or hulls.</li> <li>• All dried fruits</li> <li>• Juice with pulp, prune juice</li> </ul>
<b>Dairy Products</b> 2 to 3 servings per day		
<b>Serving Size</b>	<b>Foods Recommended</b>	<b>Foods Not Recommended</b>
<ul style="list-style-type: none"> <li>• 1 cup yogurt or milk</li> <li>• 1 oz. cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Milk, buttermilk or lactose-free milk</li> <li>• Soy, rice, or almond milk</li> <li>• Regular, soy, or lactose-free yogurt without, nuts, fruit, granola, or chocolate mix-ins</li> <li>• Kefir</li> <li>• Mild cheese, cottage cheese, lactose-free cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Products with seeds or nuts</li> <li>• if lactose intolerant, avoid milk and foods made with milk, yogurt with added fruit, nuts, granola, or chocolate mix-ins</li> </ul>

<b>Fats</b> 3 to 6 servings		
<b>Serving Size</b>	<b>Foods Recommended</b>	<b>Foods Not Recommended</b>
<ul style="list-style-type: none"> <li>• 1 teaspoon regular</li> <li>• 1 tablespoon reduced fat</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Butter, margarine</li> <li>• Vegetable oil, salad dressing, mayonnaise</li> <li>• Cream or plain gravy</li> <li>• Whipped cream, cream</li> <li>• Creamy peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Seeds</li> <li>• Nuts, coconut</li> <li>• Olives</li> <li>• Poppyseed dressing</li> <li>• Crunchy peanut butter</li> </ul>
<b>Miscellaneous</b>		
<b>Serving Size</b>	<b>Foods Recommended</b>	<b>Foods Not Recommended</b>
	<ul style="list-style-type: none"> <li>• Plain cakes, cookies, pies</li> <li>• Sherbet</li> <li>• Gelatin</li> <li>• Sugar, plain hard candy</li> <li>• Condiments</li> <li>• Coffee, tea</li> <li>• Carbonated beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Anything made with whole grains, bran, seeds, nuts, coconut, dried fruit, chocolate syrup, candy made with chocolate or nuts, horseradish</li> </ul>

### A Menu Example:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
½ cup apple juice ¾ cup corn flakes 1 slice white bread 1 tsp. margarine 2 tsp. jelly 1 cup 2% milk (or soy milk, if lactose intolerant) Coffee/tea	1 cup chicken rice soup 3 oz. lean hamburger Hamburger bun, white, no seeds Iceberg lettuce 1 cup 2% milk (or soy milk, if lactose intolerant) ½ cup fruit cocktail	½ cup grape juice 3 oz. chicken breast 1 white roll 1 tsp. margarine ½ cup mashed potato ½ cup cooked green beans ½ cup honeydew melon Coffee/tea

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

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Developed by: NMH Department of Clinical Nutrition

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