

Greenwich Hospital

What is a Low Fiber, Low Residue Diet

PATIENT/FAMILY INFORMATION SHEET

What is a low fiber, low residue diet?

Fiber is a component of plant foods that cannot be completely digested by the body. Residue refers to undigested materials, including fiber, that make up stool. A low fiber, low residue diet restricts foods such as whole grains, most fruits and vegetables, legumes, nuts and seeds.

Why is a low fiber, low residue diet important?

A low fiber, low residue diet may be recommended by your physician during flare ups of intestinal disorders, such as Crohn's disease, ulcerative colitis or diverticulitis. It may also be recommended as a transitional diet following colostomy or ileostomy surgery and some other types of intestinal surgery.

What foods are allowed on a low fiber, low residue diet?

Food Type	Foods Allowed	Foods to Avoid
Milk/milk products	No more than 2 cups per day of milk, yogurt, pudding, cream-based soups, cheese (1 serving of cheese = 1 ½ ounces)	Milk, yogurt, pudding that contain nuts, seeds, fruit, vegetables.
Breads and grains	Refined breads, cereals, crackers (less than 0.5 grams fiber per serving); pasta, white rice	Whole grain breads, cereals, crackers, whole wheat pasta, brown rice.
Vegetables	Vegetable juices with no seeds or pulp Well cooked or canned vegetables without seeds, lettuce	Raw and cooked vegetables other than those allowed, vegetable sauces (tomato sauce)
Fruits	Fruit juices with no pulp Most canned or cooked fruit, applesauce, ripe banana	All raw fruit except those allowed

Protein	Tender meat, fish, poultry, eggs	Gristle, luncheon meats with seeds (such as Salami), crunchy peanut butter Beans, legumes, peas
Fats, oils	Butter, margarine, oil, mayonnaise, cream sauces, salad dressing without seeds	Salad dressings with seeds, pieces of vegetables
Other	Strained soups Jelly, honey, syrup Plain candies Salt, pepper, herbs as tolerated, vinegar, ketchup, coffee, tea, carbonated beverages	Seeds, nuts Coconut Marmalade Popcorn, pickles

Source: American Dietetic Association/Dietitians of Canada. (2000). Manual of Clinical Dietetics, 6th edition.

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