

## *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?**

| <b>Food Type</b>   | <b>Foods Allowed</b>   | <b>Foods to Avoid</b>   |
|--------------------|--|---|
| 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<br><br>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<br><br>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<br><br>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<br><br>Jelly, honey, syrup<br><br>Plain candies<br><br>Salt, pepper, herbs as tolerated, vinegar, ketchup, coffee, tea, carbonated beverages | Seeds, nuts<br><br>Coconut<br><br>Marmalade<br><br>Popcorn, pickles                                    |

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

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