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LOW RESIDUE DIET

What is a Low Residue Diet? It is a diet that is low in dietary fiber and is non-irritating to the digestive tract. When planned properly, it is adequate in all necessary nutrients.

Why Limit Dietary Residue? Dietary residue is the amount of material left in the digestive tract after digestion is complete. Low residue diets are used during acute stages of certain digestive conditions. Long-term use of a low residue diet may lead to constipation. It is to be used for a short period of time only.

General Guidelines:

- Eliminate all raw fruits and vegetables
- Eliminate all whole grain or bran-containing products
- Avoid all types of seeds, nuts, raisins, highly seasoned foods, and deep fried foods
- The total amount of dietary fiber per day should be limited to 20 grams or less

Food	Choose More Often	Avoid
Beverages (as desired, try to consume 2-3 servings of dairy if tolerated)	Coffee, tea, strained fruit drinks, carbonated beverages, milk as tolerated	Any containing fruit or vegetable pulp, prune juice
Breads (6-11 servings breads, cereals and starches)	Refined breads, rolls, biscuits, muffins, crackers, pancakes, waffles, plain pastries	Any made with whole grain flour, bran, seeds, nuts, coconut, raw or dried fruits, cornbread, graham crackers
Cereals (See breads)	Refined cooked cereals including grits, refined cereals including puffed rice and puffed wheat	Oatmeal, any whole grain bran, or granola cereal, any containing seeds, nuts, coconuts, or dried fruit
Desserts and sweets (avoid too many sweets)	Plain cakes and cookies, pie made with allowed fruits, plain sherbet, fruit ice, yogurt, gelatin, jelly, marshmallows, or ice cream as tolerated.	Any made with containing whole grain flour, bran, seeds, nuts, coconut, or dried fruit
Fats (use in moderation)	Margarine, butter, salad oils	Any containing whole grain

	and dressings, mayonnaise, bacon, and plain gravies	flour, bran, seeds, nuts, coconut or dried fruit.
Fruits (2-3 servings per day)	Any fruit juice, ripe banana, avocado, orange or grapefruit without membrane, peeled or cooked apples, canned fruits other than pineapple	Raw fruits except those listed, prunes, berries, pineapple, dried fruits, olives melon
Meat (5-7 ounces per day)	Ground or well cooked tender beef, lamb, ham, veal, pork, poultry, fish, organ meats, eggs, and cheese	Tough, gristly, spiced, cured, or pickled meats, frankfurters, luncheon meats, sausage, all deep fried or barbecued meats, crunchy peanut butter, strongly flavored cheese
Soups (as desired)	Bouillon, broth, or cream soups made with allowed vegetables, noodles, rice, or flour	All others
Starches (See breads)	Cooked white and sweet potatoes without skin, white rice, refined pasta	All others
Vegetables (3-5 servings per day)	Most well cooked and canned vegetables without seeds except those excluded, lettuce if tolerated, strained vegetable juice	Sauerkraut, winter squash, peas, and corn, most raw vegetables and vegetables with seeds
Seasoning / Miscellaneous	Salt, pepper, sugar, spices, herbs, vinegar, ketchup	Nuts, coconut, seeds and popcorn

Sample Menu

Breakfast	Lunch	Snack
Cranberry juice (1/2 c.) Puffed rice cereal (3/4 c.) Canned peaches (1/2 c.) White bread toast (2 slices) Margarine (2 tsp.) Jelly (1 Tbs.)	Vegetable broth (1 c.) Saltine crackers (4) Lean beef patty (3 oz.) Hamburger bun without seeds (1) Mustard (1 Tbs.)	Strained tomato juice (1/2 c.) Broiled skinless chicken breast (3 oz.) White rice (1/2 c.) Cooked spinach (1/2 c.)

Low fat milk (1 c.) Coffee / tea	Ketchup (1 Tbs.) Canned fruit cocktail (1/2 c.) Vanilla wafers (2) Low fat milk (1 c.) Coffee / tea	White roll (1) Margarine (2 tsp.) Low fat frozen yogurt (1/2 c.) Applesauce (1/2 c.) Coffee / tea
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Above diet provides approximately 16 grams of fiber and 2000 calories.