

Low Residue Diet

A low residue diet may be recommended for people with diverticulitis, during flare-ups of inflammatory bowel diseases such as Crohn's or ulcerative colitis, or when there is narrowing of the bowel. A low residue diet will decrease the amount and slow the movement of stool in the intestines. This may prevent blockage.

Many people think that a low residue diet and low fiber diet are the same thing. Although they are similar, they are not exactly the same. Fiber is that part of plant foods that is not completely digested in the colon and contributes to stool. Residue includes that undigested fiber *and* any other food materials remaining in the colon after digestion that may increase stool output. A low fiber diet contains less than 10 grams of fiber per day and limits those foods known to increase the amount of stool. However, some low fiber foods, such as milk, can actually increase residue or stimulate bowel movement. For that reason, a low residue diet has more restrictions than a low fiber diet.

When appropriate food choices are made, a low residue diet will provide the Recommended Dietary Allowances (RDAs). However, long-term use of a low residue diet may not provide needed amounts of vitamin C or folic acid. If you must stay on this diet for a long period, a multivitamin or mineral supplement may be necessary. Check with your doctor or dietician for their recommendations.

This diet gives you a good variety of foods so it should not become tiresome. High-fiber or high-roughage foods are not used. Foods with some fiber in them (fruits and vegetables) should be well cooked. Milk does not have any fiber that you can see. Milk, however, does leave some residue in your colon after it is digested. ***This is why milk is limited to two cups a day.***

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Beverages	Coffee – regular and decaffeinated, tea Soda (Coke, 7Up, etc.) Buttermilk, milk – skim, 1%, 2%, whole <i>Limit milk to 2 cups a day, including milk used in cooking</i>	Milk in excess of 2 cups
Breads	White, light rye, finely milled whole wheat bread or rolls Saltines, cheese crackers, Zwieback	Bread, rolls or crackers with bran, seeds or nuts Date, raisin, nut or pumpernickel breads Doughnuts, graham crackers
Cereals	<i>Refined cooked cereals</i> such as Cream of Wheat, Cream of Rice, oatmeal. <i>Refined dry cereals</i> such as corn flakes, Rice Krispies, puffed rice.	Whole grain cereals <i>Dry</i> wheat, oat or barley cereals
Cheese	Cream cheese and cottage cheese. Mild Swiss, American and Cheddar cheeses used in flavoring other foods only, such as in macaroni and cheese.	Avoid all others
Desserts & Sweets	Plain milk puddings, custards, ice cream <i>These desserts must be included in the 2-cup milk allowance</i> Sherbet. Plain cakes and pies. Flavored gelatin – plain or with allowed fruits. Plain candy, sugar, honey, clear jelly, syrup, marshmallows.	Avoid any made with nuts, coconut, seeds, berries and restricted fruits Jams, preserves or marmalade
Fats	In moderate amounts: Mayonnaise, butter, cream, vegetable oils, shortening and crisp bacon	None, except spicy salad dressings
Fruits	Any fruit juice Cooked or canned: Grapefruit or orange sections with no membrane; peeled and baked apples, applesauce, apricots, pears, peaches, cherries. Raw banana, avocado. <i>No more than 3 servings a day</i>	Note: Prune juice may need to be avoided if diarrhea is a problem Avoid all fruits not listed
Meats & Eggs	Eggs – prepared any way, except fried Tender meats and poultry Fresh, frozen or canned fish	Tough, gristly, spiced or cured meats. Frankfurters, luncheon meats, sausages, sardines. Fried meats, fish or poultry.
Nuts & Seeds	<i>None allowed</i> , except smooth peanut butter	Avoid all others
Potatoes & Starches	Potato without skin, sweet potato, yams. Macaroni, spaghetti, noodles, white rice, hominy grits.	Brown and wild rice. Fried potatoes.
Soups	Cream soups (<i>made from milk allowance</i>) and allowed vegetables. Broth soups.	Highly seasoned soups
Vegetables	Well cooked: Asparagus, beets, carrots, spinach, chard leaves, green and wax beans, green peas, pumpkin, zucchini, summer and winter squash, tomato sauce or tomato paste. Purée of lima beans. Any vegetable juice. <i>No more than 2 servings a day</i>	Avoid all vegetables not listed
Miscellaneous	White sauce (<i>made from milk allowance</i>), meat gravies, catsup, mustard, cocoa, chocolate, salt, vinegar, lemon juice, ground spices and herbs in moderate amounts.	Olives, pickles, popcorn. Cayenne, chili powder, pepper, garlic, and whole spices.