

Patient Information

LOW RESIDUE DIET

This diet is prescribed for individuals with bowel disease when a reduced amount of material in the lower bowel is desired.

A balanced diet is important to promote healing and to maintain health. This diet, while low in fiber and residue to avoid irritation of the lower digestive tract, will meet the dietary needs of most persons when properly planned.

FOOD LIST:

ITEM	FOODS ALLOWED	FOODS TO AVOID
Soup (as desired)	Broth, bouillon, cream soups made from milk allowance, vegetable soup made with allowed vegetables	All others
Meat, fish, cheese, eggs or substitute (6 or more ounces)	Tender baked, broiled, roasted or stewed beef, chicken, fish, lamb, ham, liver, pork, turkey, shellfish, veal; cottage cheese, American cheese, mild cheddar cheese, cream cheese, farmers cheese, Swiss cheese; eggs; creamy peanut butter.	Fried meats, tough fibrous meats with gristle; chunky peanut butter; sausage, luncheon meats, frankfurters
Potato or Substitute (2 servings)	White or sweet potatoes without skin; whipped sweet potatoes or yams; macaroni, noodles, spaghetti, wild rice	Brown and wild rice; fried potatoes or rice; barley, hominy
Vegetables and Legumes (2 servings)	Vegetable juices; tender cooked asparagus tips, beets, carrots, green or wax beans, mushrooms, spinach, strained pumpkin, whipped winter squash; puree of all vegetables	Raw vegetables; all other cooked vegetables

ITEM

Fruit (2-3 servings)

Breads, Cereals and Flour (4-6 servings)

Fats and Nuts (in moderation)

Desserts (in moderation)

Beverages and Milk (2 servings of milk or milk products)

Sweets (in moderation)

Miscellaneous (in moderation)

FOODS ALLOWED

All fruit juices except prune; ripe banana, cooked or canned applesauce, peeled apricots, white cherries, grapefruit and orange sections, mandarin oranges, pears, baked apple without skin; all pureed fruits

Enriched white or light rye bread; saltine or soda crackers; plain rolls, muffins or biscuits; rusk; melba toast; zwieback; cooked refined wheat, corn or rice cereals; quick cooking oatmeal; prepared cereals made from corn, rice or oats; white enriched flour

Butter, margarine, cooking fats; vegetable oils; crisp bacon; cream or half and half (limited to 1/4 cup a day); clear mild salad dressing

Plain cakes and cookies; fruit whips, gelatin; plain puddings, ice cream and sherbet made from milk allowance; water ice

Coffee, tea, decaffeinated coffee, carbonated beverages; any milk and plain milk products if limited to two cups per day; flavored yogurt, yogurt with allowed ingredients

Plain hard candy, honey, jelly, sugar, syrup, molasses, cocoa, chocolate

White sauce, mild catsup, gravy, vinegar, salt, mild spices and herbs in moderation

FOODS TO AVOID

All others

Breads and crackers containing whole grains, bran or seeds; whole grain cereals, shredded wheat; whole grain flours; potato chips

All nuts

Desserts containing coconut, seeds, skins or excluded fruits

Yogurt containing excluded fruit

Jam, marmalade

Pepper, chili sauce, olives, catsup, horseradish, relish, pickles; popcorn, highly seasoned catsup, mustard, garlic
