

Low-Fiber, Low-Residue Diet

Low-fiber and low-residue diets may be recommended for patients with diverticulitis, ulcerative colitis, Crohn's disease and bowel inflammation. These diets also are used when there is narrowing of the bowel, before or after major surgery of the digestive tract and when radiation therapy causes complications. Low-fiber and low-residue diets will slow the movement and decrease the amount of stool in the intestines. This may prevent blockage.

With good food choices, this diet will meet all your nutrition needs.

Dietary fiber is found in plants and is not completely digested by humans. Residue is the fiber, plus other materials, found in the colon after digestion. A low-fiber diet contains less than 10 to 15 grams of fiber per day and eliminates foods known to increase the amount of stool. A low-residue diet is a low-fiber diet with added restrictions.

Both low-fiber and low-residue diets will provide the Recommended Dietary Allowances (RDAs) if food choices are made appropriately. Long-term use of a low-fiber or low-residue diet may not provide needed amounts of vitamin C or folic acid. The need for supplements should be discussed with a dietitian or doctor.

General Guidelines

Low-Fiber

- Include white bread and refined cereals and rice products. Avoid products made with whole grain flour, bran, seeds or nuts.
- Choose canned or cooked fruits and vegetables. Some allowed raw or cooked fruits and vegetables may cause discomfort; omit these foods. Drink juices without pulp.
- Eat tender, ground or well-cooked meats. Avoid all dried beans and peas.

Low-Residue

- Follow low-fiber guidelines
- Limit milk and milk products to 2 cups per day
- Exclude prune juice from diet

Food Group and Daily Amount	Serving Size	Food Recommended	Food Not Recommended
<p>Breads/Starches 6 servings/day 2 g. of fiber or less</p>	<p>1 slice of bread ½ cup cooked cereal ⅓ cup pasta/rice 6 crackers</p>	<p>White breads, rolls, biscuits, muffins, crackers, light rye bread without seed. Pancakes, waffles, refined cooked cereal such as cream of wheat, cream of rice, grits, farina. Dry cereals including Corn Flakes, Rice Krispies, Special K, Puffed Rice. White or sweet potato (no skin), white rice, pasta</p> <p>Not Recommended: Any product made with seeds, nuts, coconut, bran or dried fruits is high in fiber and residue.</p>	<p>Whole grain, stone ground cracked wheat, pumpernickel or dark rye bread. Whole grain crackers, muffins or cereal. Corn bread, corn muffins, bran cereals, granola, oatmeal, whole wheat pasta, grown rice, buckwheat (Kasha), millet</p>
<p>Meats and Protein Substitutes 4-6 oz./day</p>	<p>1 oz. cooked</p>	<p>Tender, ground or well-cooked meats. Fish, poultry, eggs, tofu, creamy peanut butter</p>	<p>Tough, fibrous meats with gristle. Legumes (beans and peas—kidney, navy, lima, black, chickpeas or garbanzo, pinto, soy, black-eyed split and yellow peas, lentils, peanuts, crunchy peanut butter)</p>

Food Group and Daily Amount	Serving Size	Food Recommended	Food Not Recommended
Vegetables 2 servings/day 2 g. of fiber or less	½ cup cooked	All allowed except those not recommended	Lima beans, green peas, broccoli, parsnips, corn
	½ cup raw without seeds	Cucumber, green pepper, romaine, tomatoes, onions, zucchini	All others
	1 cup vegetable juice	tomato, carrot	Juice with pulp
Fruits 2 servings/day 2 g. of fiber or less/serving	½ cup canned or cooked	All allowed except those not recommended or those with skin or seeds	Figs, prunes or berries
	½ cup raw without skin, 1 medium	Apricot, banana, cantaloupe, honeydew, nectarine, papaya, peach, plum, watermelon	All others
		All juices without pulp, strained	All dried fruits Juice with pulp, prune juice
Dairy Products 2 servings/day	1 cup yogurt/milk 1 oz. cheese	Milk, yogurt, cheese	Products with seeds and nuts
Fats 3- 6 servings	1 tsp. regular or 1 Tbsp. reduced fat	Bacon, margarine, butter, vegetable oils, salad dressing, mayonnaise, cream, plain gravies, whip cream, creamy peanut butter	Seeds, nuts, olives, coconut, poppyseed dressing, crunchy peanut butter
Miscellaneous		Plain cakes, cookies, pastries, pies, sherbet, gelatin, sugar, plain hard candy, condiments, coffee, tea, carbonated beverages	Any made with whole grains, bran, seeds, nuts, coconut, dried fruit, chocolate syrup, candy made with chocolate or nuts, horseradish

Sample Meal Plan for Low-Fiber Diet

Breakfast	Lunch	Dinner
½ cup apple juice	1 cup chicken rice soup	½ cup grape juice
¾ cup corn flakes	3 oz. lean hamburger	3 oz. chicken breast
1 slice white bread	Hamburger bun, white, no seeds	1 white roll
1 tsp. margarine	Iceberg lettuce	1 tsp. margarine
2 tsp. jelly	1 cup 2% milk	½ cup mashed potato
1 cup 2% milk	½ cup fruit cocktail	½ cup cooked green beans
Coffee/tea		½ cup honeydew melon
		Coffee/ tea

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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1100-07
900526 (09/07)