Low Residue Diet

This information along with other educational material is available on our website at www.WatsonClinic.com/Cardosi

A low residue diet is a diet that decreases the movement and volume of stool in the intestines. It is therefore typically recommended for patients who have frequent and/or loose bowel movements due to radiation damage or inflammatory bowel disease.

Dietary fiber from plants is not completely digested by humans and leaves a residue in the intestines. Thus, a low residue diet typically contains less than 10-15 grams of fiber per day, and in essence is a low fiber diet with additional restrictions on certain dairy products and prune juice as these all can increase bowel activity. Long-term use of this diet may lead to some vitamin or mineral deficiencies and supplementation of vitamin C, calcium, and folic acid may be required.

GENERAL GUIDELINES

- **Breads, Starches, and Grains** (6 servings per day; 2 grams of fiber)
  - White bread, buns, bagels, English muffins (avoid whole grain and rye products)
  - White rice
  - Pasta and/or noodles
  - Plain cereals (examples: Cheerios, Cornflakes, Rice Krispies, Special K, Cream of Wheat)
  - Avoid oatmeal
  - Avoid nuts and seeds of any kind
  - Avoid granola
  - Avoid cornbread

- **Fruits and Vegetables**
  - Canned/cooked fruits without skins (2 servings per day; 2 grams of fiber)
    - Applesauce
    - Bananas
    - Cantaloupe/Melon
    - Grapes
    - Peaches
    - Canned fruit cocktail
    - Avoid raw or dried fruits
    - Avoid raisins and figs
    - Avoid berries and prunes
  - Canned/cooked vegetables (2 servings per day; 2 grams of fiber)
    - Green beans
    - Carrots
    - Eggplant
    - Squash
    - Zucchini
    - Beets
    - Potatoes without skin
    - Romaine lettuce (raw: limit to ½ cup per day)
    - Avoid broccoli, cauliflower, cabbage, brussel sprouts, corn, coconut
    - Avoid beans and peas
  - Fruit juices without pulp (avoid prune juice)
Dairy (2 servings per day)
- Limit milk and yogurt to 2 cups per day
- Cottage cheese

Meats and Proteins (6 ounces per day)
- Well cooked, tender meats
  - Ground beef
  - Chicken
  - Fish
  - Avoid tough meat and gristle
- Eggs
- Creamy peanut butter
- Tofu
- Avoid beans and soy

Miscellaneous
- Acceptable
  - Plain cakes, cookies, and pastries
  - Sherbert
  - Gelatin
  - Sugar
  - Butter, Margarine
  - Candy
  - Coffee or Tea
  - Sodas
  - Condiments
  - Plain gravies
  - Whip Cream
- Not Acceptable
  - Avoid chocolate
  - Avoid horseradish
  - Avoid popped corn

SAMPLE MEAL PLAN

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>½ cup apple juice</td>
<td>1 cup chicken broth or chicken rice soup</td>
<td>3 ounce chicken breast</td>
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<tr>
<td>¼ cup corn flakes</td>
<td>3 oz lean hamburger on white bread/bun (no seeds) French fries</td>
<td>1 white roll with butter or margarine</td>
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<tr>
<td>1 slice white bread with butter, margarine, and/or jelly</td>
<td>½ cup fruit cocktail tea</td>
<td>½ cup mashed potato (no skin)</td>
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<td>1 cup milk coffee or tea</td>
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<td>½ cup cooked green beans</td>
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<td>½ cup melon</td>
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<td></td>
<td></td>
<td>½ cup grape juice</td>
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<td></td>
<td>coffee or tea</td>
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