



Low Residue Diet

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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

Breakfast	Lunch	Dinner
½ cup apple juice ¾ cup corn flakes 1 slice white bread with butter, margarine, and/or jelly 1 cup milk coffee or tea	1 cup chicken broth or chicken rice soup 3 oz lean hamburger on white bread/bun (no seeds) French fries ½ cup fruit cocktail tea	3 ounce chicken breast 1 white roll with butter or margarine ½ cup mashed potato (no skin) ½ cup cooked green beans ½ cup melon ½ cup grape juice coffee or tea

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