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# LOW FIBER LOW RESIDUE DIET



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## PURPOSE

Dietary fiber is the undigestible part of plants that maintains the structure of the plant. Dietary fiber includes cellulose, hemicellulose, polysaccharides, pectins, gums, mucilages, and lignins. Although they are chemically unrelated, they all resist digestion by the human body. It is this resistance that makes these fibers important in both the normal functioning and in disorders of the large intestine or colon.

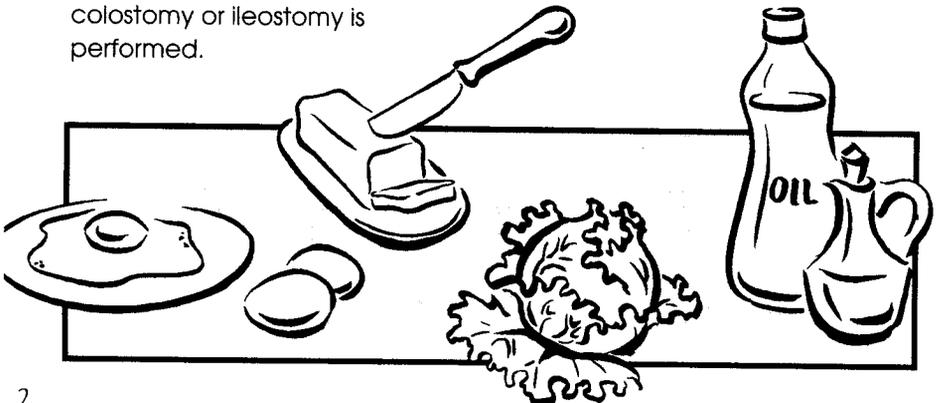
In certain medical conditions, it is important to restrict fiber. These include acute or subacute diverticulitis, and the acute phases of certain inflammatory conditions of the bowel—ulcerative colitis or Crohn's disease. After some types of intestinal surgery, a low fiber, low residue diet may be used as a transition to a regular diet. A low fiber diet is also used for a period of time after a colostomy or ileostomy is performed.

## NUTRITION FACTS

Depending upon individual food selection, the Low Fiber, Low Residue Diet is adequate in all nutrients (National Research Council's Recommended Dietary Allowance). If the diet must be strict and followed over a long period of time, the intake of fruits and vegetables may not be adequate; and/or on a low residue diet, there may not be enough calcium included. In these cases, a multi-vitamin supplement or liquid nutritional supplement may be needed.

## SPECIAL CONSIDERATIONS

If a low fiber or low residue diet results in abdominal cramps or discomfort, notify the dietitian or physician immediately.



# FOOD GROUPS

## Group

## Recommend

## Avoid

**Milk & milk products** (2 or more cups daily)

all milk products

Low Residue Diet only 2 cups daily of all milk products

**Vegetables** (3 or more servings daily)

lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash (without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots

vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on **Recommend** list

**Fruits** (2 or more servings daily)

fruit-juices without pulp, canned fruit except pineapple, ripe bananas, melons

fruit-juices with pulp, canned pineapple, fresh fruit except those on **Recommend** list, prunes, prune juice, dried fruit, jam, marmalade

**Starches - Bread & grains** (4 or more servings daily)

bread and cereals made from refined flours, pasta, white rice

whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal

**Meat or meat substitutes** (5 to 6 oz daily)

meat, poultry, eggs, seafood

chunky peanut butter, nuts, seeds, dried beans, dried peas

**Fats and oils** (servings depend on caloric needs)

all oils, margarine, butter

coconut

**Sweets and desserts** (servings depend on caloric needs)

all not on **Avoid** list

desserts containing nuts, coconut

**Miscellaneous**

all not on **Avoid** list

popcorn, pickles, horseradish, relish

# SAMPLE MENU

## Breakfast

orange juice *1/2 cup*  
 cornflakes *1 cup*  
 poached egg  
 white toast *1 slice*  
 margarine *1 tsp*  
 jelly *1 Tbsp*  
 skim milk *1 cup*  
 coffee *3/4 cup*  
 sugar *1 tsp*  
 non-dairy creamer  
 salt/pepper

## Lunch

fish *3 oz*  
 mashed potatoes  
     *1/2 cup*  
 cooked green beans  
     *1/2 cup*  
 white bread *1 slice*  
 margarine *1 tsp*  
 jelly *1 Tbsp*  
 applesauce *1/2 cup*  
 coffee *3/4 cup*  
 sugar *1 tsp*  
 non-dairy creamer  
 salt/pepper

## Dinner

chicken breast  
     *3 oz*  
 medium baked  
     potato without skin  
 cooked carrots  
     *1/2 cup*  
 white bread  
     *1 slice*  
 margarine *1 tsp*  
 jelly *1 Tbsp*  
 canned peaches  
     *1/2 cup*  
 skim milk *1 cup*  
 coffee *3/4 cup*  
 sugar *1 tsp*  
 non-dairy creamer  
 salt/pepper

## THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	1576	Fat.....	45 gm
Protein .....	89 gm	Sodium .....	2817 mg
Carbohydrates.....	215 gm	Potassium.....	3510 mg

## SPECIAL INSTRUCTIONS

This material does not cover all dietary information and is not intended as a substitute for professional medical care.

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