



LOW RESIDUE DIET

What is the Low Residue Diet?

The low residue diet limits fiber to less than 10 grams per day. This diet helps to decrease the amount of stool in the bowel. It is used to treat acute conditions or flare-ups. It is to be followed for a short period of time. Ask your doctor when you are able to start adding foods back to your diet.

When is the Low Residue Diet used?

- Before and after bowel surgery
- To allow bowel rest during an inflammatory state and/or flare-up of Diverticulitis, Crohn's Disease and/or Ulcerative Colitis.
- To slow the rapid movement of stools.

Food Type	Allowed	Avoid or limit to 10 grams of fiber daily
Beverages	<ul style="list-style-type: none"> • All 	<ul style="list-style-type: none"> • Milk only if Lactose Intolerant • Caffeinated Coffee/Tea
Meat, Fish, Eggs, Poultry, Beans, Legumes, and Nuts	<ul style="list-style-type: none"> • All Meats, Fish, Eggs, Poultry, Smooth/Creamy Peanut Butter • Tofu 	<ul style="list-style-type: none"> • Chickpeas, Lima Beans, Black-Eyed Peas, Kidney Beans, Pinto Beans, Baked Beans • Dried Beans, peas, lentils • Crunchy Peanut Butter • All Nuts and Seeds • Tough, or stringy meats
Dairy Products	<ul style="list-style-type: none"> • All Milk • Smooth yogurt 	<ul style="list-style-type: none"> • Milk is avoided when lactose intolerance is

		<p>present (may try lactose free milk)</p> <ul style="list-style-type: none"> ● Cheeses with seeds or chiles ● Yogurt with Fruit or Pieces of Granola
<p>Breads, Potatoes, Rice, Grains, Cereals and Pasta</p>	<ul style="list-style-type: none"> ● Breads, Crackers, Graham Crackers, Tortillas, Pasta made with White Flour ● White Rice ● Corn Bread ● White Potatoes without skin ● Pancakes or waffles ● Saltines ● Couscous ● Cream of Rice or Wheat, Grits ● Cold Cereals made from Corn, Rice and White Flour 	<ul style="list-style-type: none"> ● Whole-Wheat, Rye, Pumpnickel or Bran Breads and Crackers ● Breads and Crackers with Dried Fruit, Nuts or Seeds ● Buckwheat Pancakes ● Rye Wafers ● Brown or Wild Rice, Barley ● Wheat germ ● Whole-Grain Cooked cereals, Oatmeal, Farina, Ralston ● Whole-Grain/Wheat, Oat/Granola and Bran cereals ● Rolled Oats
<p>Vegetable</p> <p>Cook all allowed vegetables well done</p>	<ul style="list-style-type: none"> ● Tomato/Vegetable Soup (no seeds) ● Vegetable Juice ● Tomato Sauce (no seeds) ● COOKED asparagus, Beets, Carrots, Spinach, Cauliflower, Green and Wax beans, Zucchini (no seeds), Green Pepper (no seeds, no skin), Bean Sprouts (raw/cooked) ● Cooked garlic, cooked onions 	<ul style="list-style-type: none"> ● Broccoli, Corn, Mixed Vegetables, Peas, Eggplant, Mushrooms (raw/cooked) ● Most Raw Vegetables ● Minestrone Soup, Bean, Pea and Lentil soup ● Popcorn
<p>Soup</p>	<ul style="list-style-type: none"> ● Meat, Rice, Noodle Soups and Soups Made from allowed vegetables. 	<ul style="list-style-type: none"> ● Minestrone Soup, Bean, Pea and Lentil Soups

Fruit	<ul style="list-style-type: none"> ● Applesauce, canned fruits, such as canned peaches, canned pears, canned pineapple, canned Fruit Mix without grapes, Bananas ● Peeled and Canned: Apricots, Citrus sections, plums 	<ul style="list-style-type: none"> ● All Fresh Fruits ● All Dried Fruits
Sweets	<ul style="list-style-type: none"> ● Seedless Cranberry Sauce ● Smooth Jelly ● Frozen yogurt, Plain Cake, Hard Candy, Fruit Ice 	<ul style="list-style-type: none"> ● Candy with Dried Fruit, Coconut, or Nuts ● Jam, Marmalade ● Relishes with skins/seeds
Spices and Condiments	<ul style="list-style-type: none"> ● Spices, Herbs, Seasonings 	<ul style="list-style-type: none"> ● Pickles, Caraway Seeds