

Low Residue (Low-Fiber) Diet

Description The Low Residue or Low-Fiber Diet is designed to reduce the frequency and volume of stools. This lessens irritation to the gastrointestinal (GI) Tract and can help it heal.

High fiber foods are restricted including whole wheat breads, pastas and starches. Fresh fruits and vegetables are restricted including prunes and prune juice. Beans, dried fruits, and nuts are restricted. Foods containing fruit skins, seeds or nuts are restricted. Please note that food tolerances may vary from patient to patient.

Indications Conditions that may require a low-fiber diet could include: Crohn's disease, Diverticulitis, Ulcerative Colitis, Radiation therapy to the pelvis and lower bowel, New Colostomy/Ileostomy, Recent Intestinal Surgery

Adequacy This diet can meet nutritional needs based upon the individual selection of food items. It is 30-40% lower in Fat and Saturated Fat than the regular diet. It is lower in Fiber than the regular diet. Because this diet restricts whole grains it may be lower in Magnesium than a Regular diet.

Nutrition Facts The "Non-Select" Low Residue diet provides approximately 2195 calories, 95 gm protein and 79 gm fat daily.

The following list is based off the St. Joseph Hospital Room Service Menu. For a more complete list of foods please consult your Registered Dietitian.

Food Groups	Foods Allowed	Foods Not Allowed
Breakfast Foods	All except those listed	Oatmeal Raisin Bran Blueberry Pancakes
Appetizers & Starters	Soups or Broths except those listed	Vegetable Platter House Salad Fresh Tomato & Mozzarella Minestrone Soup*has beans Tortilla Soup *has corn
Entrees	Canned Fruit & Cottage Cheese Plate Sandwiches without Garnish (Lettuce, Tomato, Pickle, Onion, Avocado) All Entrees except those listed	Fresh Cottage Cheese & Fruit Fresh Salad Entrees Sandwiches with Garnish Veggie Burger*on wheat bun Teriyaki Stir-Fry

Food Groups	Foods Allowed	Foods Not Allowed
Sides, Starches & Breads	All except those listed	Cinnamon Raisin Bagel Wheat or Rye Breads Corn Tortilla Granola Brown Rice Stuffed Baked Potato Vegetarian Refried Beans Wheat Pasta Graham Crackers
Fruits & Vegetables	Canned Fruits & Vegetables Banana Watermelon	Fresh Fruits & Vegetables Fresh Salads Raisins & Prunes
Beverages	All except those listed	Prune Juice
Milk & Milk Products	Milk- all types Light Yogurt without fruit skins or seeds String Cheese Low-Fat Cottage Cheese	Light Strawberry Yogurt
Sweets	All except those listed	Oatmeal Raisin Cookie
Fats	All fats are allowed	
Other	All condiments except those listed	Avocado

Sample Menu

The following sample menu is based off the St. Joseph Hospital Non-Select Menu. For an individualized sample menu please consult your Registered Dietitian.

Meal	Food Items
Breakfast	<ul style="list-style-type: none"> • Orange Juice (4oz) • Coffee (8oz) with creamer, sugar packet (2) • Cream of Wheat or Cold Cereal (3/4 cup) *No Oatmeal or Raisin Bran • Canned Fruit, Watermelon or Banana • Scrambled Eggs (2oz) • Breakfast Potatoes (1/2 cup) • 2% Milk (8oz) • Butter Pat, Salt & Pepper Packet
Lunch	<ul style="list-style-type: none"> • Canned Fruit or Fruit Juice • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Dessert – Ice Cream, Pudding, Fruit (1/2 cup) • Iced Tea (8oz) • Sugar, Salt, Pepper, Lemon Juice, Butter Pat
Dinner	<ul style="list-style-type: none"> • Soup (6oz) with Crackers (1 package) • Entrée – Beef, Fish or Poultry (3oz) • Starch - Rice (3oz) or Potatoes (1/2 cup) • Vegetable (1/2 cup) • Dessert – Ice Cream, Pudding, Fruit (1/2 cup) • 2% Milk (8oz) • Decaf Coffee (8oz) • Butter Pat, Salt & Pepper Packet