

# Low-Residue Diet

A **low-residue diet** reduces the frequency and volume of stools. This lessens irritation of the gastrointestinal (GI) tract and can help it heal.

## Conditions that may require a low-residue diet

- Preparation for or recovery from abdominal or intestinal surgery
- Bowel inflammation
- Crohn's disease
- Diverticulitis
- Ulcerative Colitis
- Radiation therapy to the pelvis and lower bowel
- Chemotherapy
- Preparation for a colonoscopy

## Tips

- Try to limit milk and milk products, caffeine, and prune juice.
- If you are lactose intolerant, you may need to avoid dairy foods completely.
- Try to limit fruits and vegetables while on this diet.
- Take supplements if they are recommended by your doctor or dietitian.

## Recommended Foods

<b>Food Group</b>	<b>Recommended Foods</b>
<b>Milk and Milk Products</b>	Limited milk (Less than 2 cups/day) Lactose-free milk Yogurt or soy yogurt Mild cheese Cottage cheese Soy milk, rice milk, or almond milk Sherbet
<b>Meat and Other Protein Foods</b>	Tender, ground, and well-cooked beef and poultry Tofu

	Fish Eggs Smooth nut butters (such as peanut, soy, almond, or sunflower)
<b>Grains</b>	Refined white flour products Cream-of-Wheat Grits (fine-ground) White bread White pasta
<b>Vegetables</b>	Canned and well-cooked vegetables Mashed potatoes Vegetables that do not cause gas Vegetable without skins, seeds, or pulp Vegetable juice (no more than 4oz/day)
<b>Fruit</b>	Juice without pulp Applesauce Peeled fruit without pulp Canned fruit in light syrup or juice
<b>Fat/Oils</b>	Oils, butter, cream, cream cheese, margarine, mayonnaise
<b>Other</b>	Broth and strained soups made from allowed foods Pureed or blended chicken noodle soup

## Foods Not Recommended

<b>Food Group</b>	<b>Foods Not Recommended</b>
<b>Milk and milk products</b>	Avoid milk and foods made with milk if you are lactose intolerant
<b>Meat and other protein sources</b>	No crunch nut butters No tough meat or meat with gristle No beans
<b>Grains</b>	No whole grains
<b>Vegetables</b>	No raw vegetables No cooked greens or spinach
<b>Fruit</b>	No dried fruit No pulp

	No skin of fruit
<b>Fat/Oils</b>	When possible, choose healthy oils and fats, such as canola and olive oils.
<b>Beverages</b>	No or limited caffeine No alcohol

## Sample 1-Day Menu

<b>Breakfast</b>	1 egg scrambled 1 slice white toast with 1 tsp margarine ½ cup fine-ground grits or cream of wheat ½ cup cranberry pulp-free orange juice Caffeine-free herbal tea
<b>Snack</b>	½ cup canned fruit cocktail (in juice) 1 cup lactose-free milk
<b>Lunch</b>	Tuna sandwich on white bread (3 Tbsp tuna salad, two slices bread) 1 cup cream of chicken soup 6 saltine crackers Water Caffeine-free tea
<b>Snack</b>	½ cup cottage cheese Peeled apple slices Water
<b>Evening Meal</b>	1 cup ground chicken breast 1 cup white rice ½ cup cooked canned carrots 1 Tbsp margarine 1 soft, white dinner roll Caffeine-free and/or flavored tea

### Approximate Nutrition Analysis:

Calories: 1,670; Protein: 100g (24% of calories); Carbohydrate: 207g (50% of calories); Fat: 46g (25% of calories); Cholesterol: 358mg; Sodium: 3,230mg; Fiber: 8g