

# Low Fiber Diet



A **low residue diet** is composed of foods, which are easily digested and readily absorbed, resulting in a minimum of residue in the intestinal tract. Foods which are high in residue are those which are high in roughage or fiber.

A low-residue diet may be prescribed to reduce the size and number of stools, such as after intestinal surgery or when there is a narrowed area of the bowel such as in Crohn's disease, diverticulitis or at a surgical anastomosis. It may be used for a short time before transition to a regular or high fiber diet, or for prolonged periods when necessary.

Low fiber food are often described as "white foods," eg. white bread, chicken, fish, white pasta, and white rice. This list is not comprehensive and is meant only as a guideline. Certain foods such as dairy products may be poorly tolerated by some individuals, and so the diet should be individualized as appropriate.

## Foods allowed

- Refined grain products with little bran: low-fiber cereals with 0-1 gram of fiber per serving, white breads, saltines crackers, Melba/milk toast, low fiber pastas
- Potatoes: boiled, baked, creamed, and mashed white potatoes without the skin
- White rice.
- Vegetables: tender, well-cooked vegetable – limited. Peeled cucumbers. Vegetable juices without seeds or pulp
- Fruits: canned, baked or stewed without skins or seeds. Fruit juices with no pulp
- Meats: Hamburger, tender meat – limited and well chewed, poultry – chicken and turkey, not fried or breaded, fish, seafood
- Dairy (if tolerated): milk, ice cream, yogurt, puddings, butter and mayonnaise, mild cheeses without added nuts, fruit, etc
- Smooth salad dressings, margarine, oils
- Broth-based soups and cream-based soups, strained
- Dairy as tolerated - milk, yogurt, pudding, cream-based soups, cream sauces and ice cream
- Eggs - soft, baked, boiled, hard, scrambled, poached or soufflé
- Sweets - white sugar, brown sugar, clear jelly, honey, molasses, hard candy, gum drop, chocolate syrup, maple syrup
- Spices - salt and mild seasonings, cinnamon, paprika, lemon, vanilla

## Foods to avoid

- Fried foods: Eggs, cheeses, fried potatoes, potato skins, potato chips, French fries.
- Whole-grain breads, cereals, crackers and pasta, graham crackers, pretzels, pancakes, waffles, muffins, corn bread, quick-breads

- Whole grain rice, barley, etc
- Tough or coarse meats with gristle and luncheon meats or cheese with seeds
- Peanut butter
- Whole and raw vegetables, skins, seeds and vegetable sauces; Chinese vegetable, stir fries, fibrous vegetables including whole kernel corn, beans, peas, sweet potatoes, cauliflower, asparagus, mushrooms, broccoli, raw carrots, zucchini, and squash
- Raw vegetables, vegetables with skins or seeds
- Raw fruits, fruits with skins or seeds, raisins, dates, figs, canned plume, berries, fruit cocktail, pineapple, strawberries. Cooked whole fruits and canned fruits
- Yogurt, pudding, ice cream or cream-based soups with nuts, fruits or vegetables
- Seeds and nuts
- Candies containing fruit or nuts, jams, marmalade
- Jams with fruit, marmalade
- Coconut , popcorn

Patient information materials developed in the Section of Colon and Rectal Surgery at Rush University Medical Center. The information contained in this brochure is believed to be accurate; however, questions about your individual health should be referred to your physician.

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