

## LOW RESIDUE DIET

The low residue diet has been prescribed to assist in the healing of the colon. It is also used on a temporary basis to prepare for procedures. This diet is low in fiber and fat. Milk and milk products should be avoided in people with diarrhea and/or lactose intolerance. Nutritional supplements that are low in residue and are lactose free, such as Ensure, Ensure Plus, and Sustacal, may be added to the low residue diet if additional calories and/or protein are needed.

<b><i>Food Type</i></b>	<b><i>Foods Allowed</i></b>	<b><i>Foods Not Allowed</i></b>
<b><i>Beverages</i></b>	<ul style="list-style-type: none"> <li>• Coffee, tea and decaffeinated beverages including Kool-aid, fruit punch, fruit flavored beverages, and sports drinks</li> <li>• Skim or 1% milk (limit to 1 cup/day)</li> <li>• Carbonated beverages (limit to 1 cup per day)</li> </ul>	<ul style="list-style-type: none"> <li>• High fat milk &amp; milk products</li> <li>• Alcohol</li> </ul>
<b><i>Breads, Cereal, Rice, &amp; Pasta</i></b>	<ul style="list-style-type: none"> <li>• Soft breads such as white breads, rolls, and hamburger/hot dog buns</li> <li>• Crackers without wheat, nuts, or seeds</li> <li>• Cooked or dry refined cereals (i.e. grits or cream of wheat)</li> <li>• Rice krispies, corn flakes, Special K</li> <li>• White rice</li> <li>• Pasta, plain</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain breads or cereals.</li> <li>• Oatmeal.</li> <li>• Breads or cereals containing nuts, seeds, or dried fruit.</li> <li>• Granola cereals.</li> <li>• Highly seasoned or whole grain crackers or pasta.</li> <li>• Brown or wild rice</li> </ul>
<b><i>Fruit/Juices</i></b>	<ul style="list-style-type: none"> <li>• All strained fruit juices</li> <li>• Canned peaches, pears, apricots</li> <li>• Applesauce</li> <li>• Ripe banana</li> <li>• Baked apple without skin</li> </ul>	<ul style="list-style-type: none"> <li>• All other fruits and juices</li> <li>• No prunes or prune juice.</li> </ul>
<b><i>Vegetables</i></b>	<ul style="list-style-type: none"> <li>• Tender cooked soft vegetables limited to green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed)</li> <li>• Vegetable juices (not V-8)</li> <li>• Tomato sauce, plain with no spice</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• All vegetables with skins</li> <li>• Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas</li> <li>• Fried vegetables</li> <li>• Highly seasoned or fried potatoes</li> <li>• Potato chips</li> <li>• V-8 juice</li> </ul>
<b><i>Meat or Substitute</i></b>	<ul style="list-style-type: none"> <li>• Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork</li> <li>• Smooth peanut butter</li> <li>• Tofu</li> <li>• Eggs or egg substitute (not fried)</li> <li>• Tuna, crawfish, shrimp, crabmeat</li> <li>• Low fat cheeses</li> <li>• Soft mild American or cheddar cheese</li> </ul>	<ul style="list-style-type: none"> <li>• All fried meats</li> <li>• Meats cooked in a fatty roux or cream sauce</li> <li>• Tough, stringy, highly seasoned meats</li> <li>• Sausage, boudin, cracklins</li> <li>• Regular cold cuts, hot dogs</li> <li>• Dried peas or beans</li> <li>• Sharp yellow or other strongly flavored cheeses</li> </ul>

<b><i>Soups</i></b>	<ul style="list-style-type: none"> <li>• Clear broth based soups</li> <li>• Chicken or turkey noodle</li> <li>• Chicken with rice</li> </ul>	<ul style="list-style-type: none"> <li>• All others</li> </ul>
<b><i>Fats/oils</i></b>	<ul style="list-style-type: none"> <li>• Limit 1-2 tsp per meal</li> <li>• Margarine, butter, mayonnaise, oil, non-dairy creamer</li> <li>• Crisp bacon, limit to 2 slices/day</li> </ul>	<ul style="list-style-type: none"> <li>• All fried foods</li> <li>• All others.</li> </ul>
<b><i>Sweets &amp; Desserts</i></b>	<ul style="list-style-type: none"> <li>• Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners,</li> <li>• Hard candies</li> <li>• Plain cakes (angel food, sponge)</li> <li>• Plain cookies (animal, sugar, vanilla)</li> <li>• Jello-O, Popsicles, sherbet, frozen yogurt</li> <li>• Ice cream/milk (limit to 2X weekly)</li> </ul>	<ul style="list-style-type: none"> <li>• Jams &amp; marmalade</li> <li>• Sweets containing nuts, coconut, or chocolate</li> <li>• All others</li> </ul>
<b><i>Miscellaneous</i></b>	<ul style="list-style-type: none"> <li>• Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika</li> <li>• Mildly flavored gravies and sauces</li> <li>• Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Strongly flavored seasonings including black and red pepper</li> <li>• Mustard seeds, onions, garlic</li> <li>• Strong condiments such as vinegar, catsup, mustard, barbecue sauce, horseradish, steak sauce</li> <li>• Coconut, nuts, pickles, olives, popcorn</li> </ul>

### **Sample Menus**

#### **Breakfast**

½ cup apple juice  
 ½ cup grits w 1 tsp margarine  
 1 poached egg  
 1 slice white toast  
 1-cup skim milk  
 1-cup decaf coffee

#### **Lunch**

3 oz roast beef/gravy  
 ½ cup mashed potatoes  
 1-cup steamed carrots  
 1 dinner roll  
 1 slice angel food cake  
 1-cup fruit punch

#### **Dinner**

3 oz baked chicken  
 2/3 cup buttered rice  
 ½ cup green beans  
 ½ cup canned peaches  
 1-cup iced tea

#### **Breakfast**

1-cup corn flake cereal  
 1-cup skim milk  
 1 ripe banana  
 1-cup decaf coffee

#### **Lunch**

1-cup chicken noodle soup  
 Sandwich: 3 oz turkey, white bread, 1 tsp mayonnaise  
 1-cup fruit punch

#### **Dinner**

3oz baked pork  
 Mashed potatoes  
 1 tsp margarine/butter  
 1-cup waxed beans  
 1-cup sherbet  
 1-cup Kool-aid