

MID-FLORIDA GASTROENTEROLOGY GROUP, P.A.

LENKALA R. MALLAIAH, M.D., F.A.C.P.

DIPLOMATE OF THE AMERICAN BOARD OF
INTERNAL MEDICINE IN MEDICINE AND
IN THE SUBSPECIALTY OF GASTROENTEROLOGY

LOW RESIDUE DIET

This diet is designed to reduce the frequency and volume of fecal output while prolonging intestinal transit time. It may be used for a short time before transition to a low-fiber or regular diet. The terms "fiber" and "residue" may be used interchangeably. But technically, they're not the same thing. Fiber is the undigested part of plants that remains in the intestinal tract and contributes to stool. Residue includes fiber and any other foods that may increase stool output. The low-residue diet is similar to-but more restrictive than-a low-fiber diet. Indigestible carbohydrate intake is reduced by limiting ingestion of fruits and vegetables to limited amounts of well cooked or canned vegetables and canned, cooked, or very ripe fruits, and by replacing whole-grain breads and cereals with refined products. Legumes, seeds and nuts are omitted.

Foods allowed:

Breads/Grains

- Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffle
 - Enriched white or light rye bread or rolls
 - Saltines, Melba toast
 - Refined ready-to-eat cereals such as puffed rice and puffed wheat
 - Cooked refined wheat, corn, or rice cereal
 - Strained oatmeal, grits, and farina
 - Refined cold cereals made from rice, corn, or oats (Rice Krispies, Cornflakes, Cheerios)
 - White rice, refined pasta, macaroni, noodles
- (Note: Ideally, look for products with zero grams of dietary fiber per serving.)

Vegetables

- Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)
- Vegetables juices without seeds or pulp

Fruits

- Most canned or cooked fruit, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas
- Strained fruit juice

Milk/Dairy

- Milk, mild cheese, cottage cheese
- No more than 2 cups a day of milk, yogurt, pudding, cream-based soups and ice cream

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Meat

-Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, and organ meats

Eggs

Fat/Snacks:

-Margarine, butter, vegetable oils, mayo, cream substitutes, crisp bacon, plain gravies, and smooth salad dressings

-Broth, strained cream soups (no corn) made with allowed ingredients

-Jelly, honey, and syrup

Foods to Avoid

Breads/Grains

-Any bread products made with whole grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, or graham crackers

-Any whole-grain bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit

-Bran, barley, brown and wild rice

Vegetables

-Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas

Fruits

-Raw or dried fruit, all berries

-Prune juice

Milk/Dairy

-Yogurt, pudding, ice cream or cream-based soups with nuts or pieces of fruits or vegetables

Meat

-Tough fibrous meats with gristle, shellfish with tough connective tissue

-Peanut butter

-Meats prepared with whole-grain ingredients, seeds, nuts, or cheese with seeds

-Dry beans, legumes, peas, and lentils

-Raw clams and oysters

Fats/Snacks

-Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit

-Nuts, seeds, and popcorn

-Pepper, chili pepper and other hot sauces

-Chocolate, raisins, seeds, seed spices, pickles, olives, nuts, mustards, spicy mustards and

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ketchups, relish, horseradish, vinegar

-Highly spiced salad dressings

-Salad dressings with seeds or pieces of fruits or vegetables

Misc.

-Beverages containing caffeine which is a stomach irritant