

DIET AND NUTRITION: Low-Residue, Low-Fiber Diet

It is recommended that you follow a low-residue, low-fiber diet for one or more of the following reasons: rest for your stomach and intestines before or after surgery, acute problems with Crohn's disease, diverticulitis, or diarrhea and stomach cramping.

HELPFUL HINTS

- This diet is to be used on a short-term basis, until you can return to a regular diet.
- Avoid foods that you know cause discomfort.
- Know the ingredients used to prepare the foods you eat.
- The principal foods to avoid are milk products (residue producing) and those with high fiber.
- Introduce foods gradually back into your daily diet once problems have subsided.
- Remove skin from vegetables and fruits before cooking.
- Refined wheat pastas, cereals, and breads and white rice are typically low in fiber and should be used.
- Strain all vegetable and fruit juices.

FOODS TO AVOID

- Foods with whole grains, seeds, nuts, dried fruit, bran, oatmeal, graham crackers, or coconut.
- Foods with greater than 1 gram of fiber listed in the nutrition facts section of the food package.
- Prune juice (or prunes), raw fruit, and all berries.
- Tough meats with gristle, lunch meats with seeds or casings, peanut butter, highly seasoned or fried meat, fish, or chicken.
- Dry beans, peas, or lentils.
- Raw vegetables, sauerkraut, winter squash, peas, and vegetables with seeds.
- Brown or wild rice, potatoes with skin on them, and whole grain pasta products.

- Limit milk products to 2 cups per day.
- Popcorn, raisins, fresh herbs, sesame, caraway and poppy seeds, olives, pickles, and relish.

SAMPLE MENU

Breakfast

Apple juice
Plain bagel with butter and jelly
Farina with slices of canned peaches
Milk (1 cup)
Coffee or tea

Snack

Half portion of cottage cheese
Fruit cocktail

Lunch

Chicken noodle soup
Saltine crackers
Tuna fish (packed in water) sandwich on toast with light mayonnaise on white toast
Cooked carrots with margarine
Vanilla wafers
One-half cup milk
Iced tea

Snack

Ripe banana
Pretzels
Iced tea or water

Dinner

Plain roll with margarine
Baked, skinless chicken breast with white rice and gravy
Green beans
Angel food cake
Coffee, tea, or iced tea