

What is the Low Residue Diet?



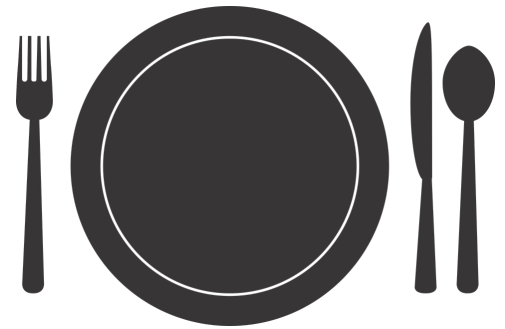
Low Residue Dietary Handout Created For



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What is it?

The low-residue diet is designed to increase intestinal transit time while reducing the frequency and volume of fecal output thus reducing irritation in the gastrointestinal tract. This diet is recommended for some inflammatory conditions such as Crohn's disease, diverticulitis, or when there is narrowing of the bowel due to a tumor, after surgery, or during radiation treatment.



Residue is the indigestible and nonabsorbable food in the large intestine. Primarily this is dietary fiber, a natural part of fruits, vegetables, and grains. Limiting the amount of dietary fiber reduces the amount of indigestible food in the large intestine.

Low-residue and low-fiber terms are often used interchangeable and they are very similar but have some differences. A low fiber diet is a normal diet with a reduced amount of fiber (less than 10-15g of fiber) whereas the low residue diet includes the low fiber diet and some other foods that are high residue but low fiber. For example, milk doesn't have any fiber but can leave a residue in the large intestines.¹

Foods to Avoid

- Whole-grain or whole wheat products
- Brown or wild rice
- Oats, Barley, and Quinoa
- Raw fruit (including those with seeds, and skin such as berries)
- Raw or undercooked vegetables (including corn and winter squash)
- Broccoli, cauliflower, brussel sprouts, cabbage, kale, and swiss chard
- Dried beans, peas, and lentils
- Seeds and nuts
- Foods made with seeds, nuts, raw or dried fruit
- Coconut
- Popcorn
- Pickles, relish, and olives
- Limit milk and milk products to 2 cups daily²



Foods to avoid

Also be sure to read food labels, some foods like yogurt, ice cream, cereal, and some beverages can have added fiber. Try to find foods that have less than 1 gram of fiber in a serving.

Recommended Foods

Breads and Grains	<p>Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, waffles Enriched white or light rye bread and rolls Saltine crackers Refined cereals (puffed rice, puffed wheat, Rice Krispies, Corn Flakes, Cheerios, Cream of Wheat) White rice, refined pasta, macaroni, noodles</p>
Vegetables	<p>Canned or well cooked vegetables without seeds, hulls, or skins.</p> <ul style="list-style-type: none"> ● Carrots ● Asparagus ● Beets ● Green or wax beans ● Pumpkin ● Spinach ● Squash without seeds ● Potatoes without skin ● Tomatoes
Fruits	<p>Most canned or cooked fruits without skins, seeds, or membranes</p> <ul style="list-style-type: none"> ● Fruit cocktail ● Avocado ● Canned applesauce ● Apricots, peaches, or pears without skin and seeds ● Pureed plums ● Ripe bananas ● Fruit juices with no pulp
Milk and Dairy	<p>Limit products to 2 cups per day Mild cheese, cottage cheese, etc. Yogurt with no berries Butter and margarine</p>
Meat	<p>Eggs Ground, tender, or well-cooked meat products Creamy peanut butter (limit to 2 tbsp per day)</p>

How to Prepare Foods

The goal is to prepare foods that are tender. Simmering, poaching, stewing, steaming, braising, baking, or microwaving are all good options.

Avoid roasting, broiling, or grilling as these make foods dry and tough which increase the amount of indigestible material. You may also want to avoid fried or spicy foods as these can be irritating to the intestinal tract.

Sample Meal Options

Breakfast:

- White bread toast with jam, 2 scrambled eggs, and a glass of fruit juice
- Cream of wheat with banana slices
- Cheerios or Rice Krispies with ½ cup of milk
- Pancakes or waffles made with white flour
- Poached eggs with english muffin



Lunch:

- Ham and cheese sandwich on white bread
- Egg salad sandwiches on white bread
- Macaroni and cheese
- Hamburger with white bun and melon slices



Dinner:

- Baked chicken breast with steamed carrots
- Mashed potatoes, baked fish, and cooked green beans
- Roast beef (cooked until tender), white rice, and cooked zucchini
- Meatloaf and baked potato (no skin)

Snacks:

- Peanut butter and jelly on white bread
- Applesauce
- Hard Boiled eggs
- Packaged fruit cups
- Saltine crackers

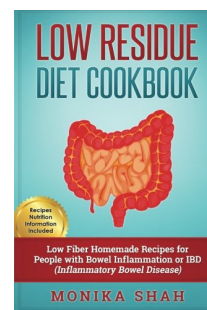
Brands and Snack Ideas

- Rice Krispies
- Cheerios
- Special K
- Nabisco Saltine Crackers
- Cream of Wheat
- V8 juices without pulp
- Jello puddings



Other Resources

- The Low Residue Diet Cookbook by Monika Shah
- The Low Fiber Diet by Anna Keating



Tips

Have Support

Starting on this journey can be stressful so make sure you have support! Talk with your friends and family, having their support goes a long way towards sticking with a low-residue diet. Also be sure to talk with your physician about any concerns or questions you have!



Be Ready

Get the best, up to date resources to help you on this journey. There are a lot of online resources to help you identify low-residue foods.

READ LABELS!

There are so many ways companies sneak added fiber or whole grains into foods. It is important to make sure you are reading all labels to look for ingredients that indicate hidden fiber or whole grain products!

Meal Plan

Making changes to your diet seem overwhelming and time consuming. Taking time at the beginning of the week to meal plan and write out a grocery list can save time later in the week and ensure you have all ingredients you need.

> LET'S EAT! <

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							

GROCERY LIST:

Have Some Alternatives

Transitioning to a low-residue diet can be easier if you have some alternatives to swap out whole grain or high fiber/residue foods in normal recipes!

Trying stocking your kitchen with white flour, canned fruits and vegetables, and other packaged low residue foods so you are always prepared!



References

1. Proceeding of Singapore Healthcare. Low Residue Diet in Gastrointestinal Conditions. 2012;21(3). Available at <http://journals.sagepub.com.proxygw.wrlc.org/doi/pdf/10.1177/201010581202100304> Accessed August 23, 2018.
2. Low-fiber diet do's and don'ts. Mayo Clinic. Available at <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/low-fiber-diet/art-20048511>. Accessed August 23, 2018.
3. Low-Residue Diet. GI Associates & Endoscopy Center. Available at <https://gi.md/resources/low-residue-diet>. Accessed August 23, 2018.