

GUIDELINES FOR THE FIBER RESTRICTED/LOW RESIDUE DIET

- ❖ Meats should be cooked until tender. Avoid tough, fibrous meats with gristle; choose ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, and eggs.
- ❖ Use only white or refined breads and cereals; avoid whole grain breads, cereals, bran and other products made with these foods.
- ❖ Limit allowed vegetables to two 1/2 cup servings per day; avoid all raw and uncooked frozen vegetables, except allowed lettuce.
- ❖ Limit the use of allowed fruits to two 1/2 cup servings per day. Fruits in desserts or entrees must also be included in the two allowances.
- ❖ Limit milk and milk products to two servings per day.
- ❖ Any foods causing discomfort, such as gas forming fruits and vegetables are excluded from the diet.
- ❖ Seeds, peanuts, other nuts, popcorn, legumes, dried beans and peas, and coconut are avoided.

SAMPLE MENU

BREAKFAST

1/2 cup Cranberry Juice
1 Scrambled Egg
1 slice White Bread
1/2 cup Cream of Wheat
1 tsp. Margarine
1 cup Lowfat Milk
Coffee/Sugar/Cream

NOON MEAL

3 oz. Baked Chicken
1/2 cup buttered White Rice
1/2 cup steamed canned Green Beans
1/2 c. canned Fruit Cocktail
1 cup Lowfat Milk
2 tsp. Margarine
Iced Tea/Sugar

EVENING MEAL

3 oz. Roast Beef with Gravy
1/2 cup Mashed Potatoes
1/2 c. steamed Asparagus Tips
1 small White Roll
2 tsp. Margarine
1/2 cup Apple Juice
6 Vanilla Wafers
Iced Tea/Sugar

Dietitian: _____

Phone # _____



SCOTT & WHITE

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Temple, Texas 76508
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Form 654 (Item #4131) 02/02/NUTR/S&W

Fiber Restricted/ Low Residue Diet

Patient Name

Room Number

Date



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Recommendations for Fiber Restricted/Low Residue Diet

GUIDELINES FOR THE FIBER RESTRICTED/LOW RESIDUE DIET

The Fiber Restricted/Low Residue Diet is designed to decrease the amount of fiber consumed. It is used after acute phases of ulcerative colitis and Crohn's disease, or diverticulitis. It may also be used in the post-surgical progression to a regular diet. In general, the Fiber Restricted Diet/Low Residue will reduce the frequency and volume of fecal output while prolonging intestinal transit time.

The benefit of long-term restriction of dietary fiber is controversial. Strict reductions in vegetable and fruit intake may necessitate vitamin supplementation if the diet is followed for an extended period of time.

FOOD GROUP	RECOMMENDED	NOT RECOMMENDED
MEATS, FISH, POULTRY, & MEAT SUBSTITUTES	Ground or well cooked tender beef, lamb, veal, liver, ham, pork, chicken, turkey, fish; tofu, and any prepared eggs.	Tough fibrous meats with gristle or shellfish with tough connective tissues; spicy or fried meats; peanut butter.
STARCHES	Refined bread and toast, muffins, bagels, biscuits, pancakes, waffles, doughnuts, rusk, Ziebeck, saltines, soda crackers, raisin bread, melba toast, and plain pastries. Refined cooked or dry cereals such as corn, rice, or wheat cereals, hominy, grits, puffed rice, and puffed wheat. White and sweet potatoes without skin; rice, and refined pastas. Flour tortillas.	Any made with whole wheat flour, bran, seeds, nuts, raw or dried fruit, corn bread, or graham crackers. Whole grain cereals, cooked or dry such as oatmeal, bran flakes or granola; any containing seeds, nuts, coconut or dried fruit. Peas, lentils, legumes, dried beans. Corn tortillas.
VEGETABLES	Strained vegetable juices. Cooked asparagus, beets, carrots, canned green beans, white potato without skin, mushrooms, chopped spinach, yellow squash, zucchini. Raw chopped tender lettuce.	All raw vegetables, except lettuce. Avocado, dried beans and peas in any form; broccoli, Brussels sprouts, corn, hominy, green peas, greens, except permitted spinach; lentils, okra, potato skins, winter squash.
FRUITS	Strained fruit juices. Most canned or cooked fruits – apple, applesauce, apricots, fruit cocktail, peaches, pears, plums, Royal Anne cherries.	Prune juice; dried fruit; all berries; all raw fruit.
MILK & MILK PRODUCTS	Skim, lowfat, whole milk; yogurt, cheese, ice cream, custard, pudding. (LIMIT TO 2 CUPS/DAY.)	Milk and milk products in excess of 2 cups/day. Fruit yogurt with seeds.
FATS	Butter, margarine, cream, bacon, mayonnaise, oil, shortening, plain gravies, sour cream.	Any containing whole grain flour, bran, seeds, nuts, coconut or dried fruit.
BEVERAGES	Carbonated beverages, coffee, tea, strained fruit and vegetable juices, fruit flavored drinks.	Unstrained fruit and vegetable juices containing pulp. Prune juice; alcohol.
MISC.	Plain cakes, cookies, gelatin, pies made with allowed fruit, pastries. Plain sherbet, fruit ice, popsicles, plain hard candy, jelly, marshmallows. Salt, pepper, sugar, spices, herbs, ketchup, mustard.	Desserts prepared with coconut, dried fruit, nuts, seeds or other foods not recommended. Desserts baked with whole, graham flour, or bran. Coconut, nuts, seeds, and popcorn.