

## LOW RESIDUE DIET

The low residue diet provides foods which will result in a reduced amount of residue (undigested material) in the lower bowel. This diet is used for patients prior to and after surgery. If used for extended periods, vitamin and mineral supplements are recommended.

TYPE OF FOODS	FOODS ALLOWED	FOODS NOT ALLOWED
<b>Beverages</b>	Milk and milk drinks (no more than 2 cups daily including that used with cooking), coffee, tea, carbonated drinks, cereal beverages, fruit flavored drinks.	Alcoholic drinks, milk and milk drinks over the amount allowed.
<b>Breads</b>	Enriched white, wheat or rye breads (without seeds) or rolls, saltines, melba toast, rusk, zwieback crackers, graham crackers.	Breads & crackers containing whole grain flour, bran or seeds. Quick breads such as biscuits, waffles, pancakes.
<b>Cereals</b>	Cooked, refined cereal such as oatmeal, corn meal, rice, farina, cream of wheat and grits, prepared from corn, rice or oats such as corn flakes, rice flakes, puffed rice and puffed wheat.	Whole grain or bran cereals such as wheat flakes, wheat meal, bran flakes, instance oatmeal, shredded wheat.
<b>Cheese</b>	Cottage cheese, cream cheese, mild American cheese or mild cheddar cheese used in cooking.	Strong flavored cheeses.
<b>Desserts</b>	Plain cake, plain gelatin, sugar or plain cookies (vanilla wafers), rennet desserts, custard, puddings (chocolate, vanilla, butterscotch, rice, bread, banana), ice cream, sherbet, graham cracker crust desserts made with other allowed ingredients. <i>Note: All desserts must be made from milk allowance and free of nuts, fruit pieces, coconut and fruit skins.</i>	All those with coconut, nuts, seeds, tough skins and fruits that are not allowed.
<b>Eggs</b>	All cooked eggs	None
<b>Fat</b>	Butter, margarine, vegetable oils, cream or half and half, mayonnaise.	All other

<b>Fruit &amp; Fruit Juices</b>	All fruit juices, avocado, ripe banana canned or cooked, applesauce, apricots, Royal Anne cherries, plum, peaches, pears. <i>Note: All without tough seeds or skins, pureed dried fruits, peeled baked apples.</i>	All raw fruits except avocado and banana, jam, pineapple, dried fruits.
<b>Meat, Fish and Poultry</b>	Tender beef, chicken, fish, lamb, pork, veal, liver, crisp bacon, creamy style peanut butter. <i>Note: Meat may be baked, broiled or roasted.</i>	Clams, oysters, fried meat or fish, tough meat, smoked or salted meats, fish, crunchy peanut butter.
<b>Potato or Substitute</b>	Potato and potato substitutes except those not allowed, potatoes, hominy, macaroni, noodles, spaghetti (without sauce), rice.	Potato skin, whole grain rice, dried legumes, fried potatoes, fried rice.
<b>Vegetables</b>	Vegetable juices unless made from strong-flavored vegetables, pureed only such as: asparagus, beets, green beans, wax beans, carrots, peas, pumpkin, spinach, squash, tomatoes. If tolerated well pureed lima beans or corn. <i>Note: Baby commercially strained vegetables may be used.</i>	All raw vegetables and any strong flavored vegetables such as broccoli, cabbage, brussell sprouts, etc.
<b>Soup</b>	Cream soups (made from milk allowance), broth, bouillion, soup with allowed foods, noodle soups.	All others.
<b>Sweets</b>	Molasses, sugar, hard candy, syrup, honey and jelly.	All others.
<b>Miscellaneous</b>	Salt, mild spices, vinegar, white sauce, mild gravy, vanilla extract, ketchup, mild mustard	Chili sauce, coconut, nuts, garlic, popcorn, pickles, hot sauces, pepper.

### Suggested Meal Pattern

#### **Breakfast**

juice  
cereal  
egg  
toast  
1 teasp. butter or margarine  
1 cup milk  
coffee, cream  
sugar

#### **Lunch**

meat, fish or poultry  
 $\frac{3}{4}$  cup soup  
vegetables  
bread  
1 teasp. butter or margarine  
dessert  
beverage

#### **Dinner**

meat, fish or poultry  
potato  
vegetable  
fruit  
bread  
1 teasp. butter or margarine  
beverage