

FIBER AND RESIDUE-RESTRICTED DIET

- **PURPOSE:** The fiber and residue-restricted diet will result in decreased fecal material in the lower bowel, thereby preventing blockage of a stenosed gastrointestinal tract. Additionally, the diet will reduce the frequency and volume of fecal output while prolonging intestinal transit time.

- **USE:** The diet can be used during acute episodes of gastrointestinal tract irritation such as ulcerative colitis, regional enteritis (Crohn's disease), diverticulitis and diarrhea. It may also be used in cases of stenosis of the esophagus and intestinal lumen, postoperatively for a short period of time during the progression to a regular diet, or in preparation for a diagnostic test.

- **MODIFICATIONS:** Fiber is the general term used to describe plant material which resists digestion. This diet provides minimum indigestible carbohydrates by using cooked, canned or pureed tender vegetables and ripe, canned or cooked fruits from which seeds and tough skins have been removed. Whole grain breads and cereals are replaced by refined products and legumes, seeds and nuts are omitted from the diet.

- **ADEQUACY:** Fiber and residue restricted diets, if properly chosen, are usually adequate to meet the Recommended Dietary allowances, 1989 (see Appendix 5).

TABLE E-1: FOOD SELECTION GUIDELINES FOR FIBER AND RESIDUE RESTRICTED DIET

FOOD CATEGORY	RECOMMENDED FOODS	FOODS NOT RECOMMENDED
Beverages	Milk and milk drinks (limit to 2c/d if low residue is also a consideration); carbonated beverages, coffee, tea, decaffeinated and cereal beverages.	Drinks made from foods not recommended; any containing fruit vegetable pulp; prune juice; alcoholic beverages.
Breads	Refined, enriched white, rye or wheat breads, rolls and toast melba toast, rust; biscuits, baked corn bread; waffles, plain coffee cake; plain bagels	Other hot breads, fried corn bread, hush puppies; pancakes, breads or crackers with seeds; nuts or raisins; cracked wheat bread; breads containing bran or other unrefined grains.
Cereals	Any refined corn, rye, oat or wheat cereal (dry or cooked).	Whole wheat cereal, bran cereals or other items with coarse hulls, nuts or dried fruit; granola.
Desserts	Plain cakes and cookies; custard, pudding, gelatin, ice cream, sherbet, popsicle; recommended fruits; one-crust cream, chiffon or custard pies; ice cream within 2 cups per day milk allowance; yogurt (plain or with allowed foods).	Desserts prepared with coconut, dried fruits, nuts or spices; fruit pies unless made from recommended fruits; cobblers; fried desserts such as fritters or fried pies.
Fats	Butter, cream, lard, margarine, mayonnaise or mayonnaise type salad dressings; crisp bacon, salad oils, plain gravies, sour cream.	nuts, olives, fack back, fried foods, seasoned salad dressing.
Fruits	Any cooked or canned without seeds or skins such as applesauce, peeled baked apple, apricots, cherries, fruit cocktail, orange or grapefruit sections, peaches, pears, plums, fresh ripe banana; oranges and grapefruit without membrane; strained fruit juices.	Fruits containing seeds and skins; raw fruits except those recommended; dried fruit; spiced apples; prune juice.
Meat and Meat Substitutes	Baked, broiled, creamed or stewed: tender cuts of beef, chicken, fish, lamb, liver, fresh pork, sweetbreads, turkey, veal, canned salmon or tuna. Meat may be ground. American processed, cottage, cream, mozzarella and ricotta cheeses; eggs; creamy peanut butter.	Fried or rare meats, fish or fowl; luncheon meats; smoked or salt cured meats or fish(except bacon); highly spiced meats; corned beef, frankfurters. Sharp cheeses, processed cheese spreads or balls with nuts or seeds. Crunchy peanut butter.

TABLE E-1: FOOD SELECTION GUIDELINES FOR FIBER AND RESIDUE-RESTRICTED DIET, Continued

FOOD CATEGORY	RECOMMENDED	NOT RECOMMENDED
Potatoes and Potato Substitutes	White potatoes and sweet potatoes with no skin; creamed whipped potatoes; grits; macaroni, noodles; white rice.	Fried potatoes, potato chips, skin of potato and sweet potato; whole wheat pastas; brown rice, wild rice.
Salads	Any made with fruits or vegetables allowed; small amount of lettuce if tolerated.	Those made with raw fruits or vegetables.
Soups	Broth or cream soups; strained soups or soups made with recommended foods.	Highly seasoned soups or those made from strongly flavored vegetables; soups made from foods not recommended.
Sweets	Clear jelly, jams from recommended fruits, honey; sugar, syrups; marshmallows; plain candies.	Candies with coconut, candied fruits, nuts, raisins, spicy jellies, other jam or marmalade containing seeds or skins.
Vegetables	Tender cooked asparagus, beets, carrots, baby okra, wax or green beans, spinach, squash, tender raw lettuce (small amount if tolerated), peeled ripe tomato; vegetable juice. Others as tolerated.	Other raw and cooked vegetables such as broccoli, Brussels sprouts, corn, fresh tomatoes, peas, cabbage, onions, turnips, cauliflower or zucchini; fried vegetables; dried beans and peas.
Miscellaneous	Cream sauces, mild herbs and spices, chocolate, cocoa, strained cranberry sauce, gravy, lemon juice, salt, pepper, vinegar, mild catsup, mustard.	Highly seasoned foods, whole cranberry sauce, garlic, horseradish, hot sauces, nuts, olives, pickles, popcorn, raisins, fried snack foods, chili sauce, dehydrated onions and peppers, relish, chili powder, hot curry.

*These foods are not necessarily high in fiber, but may increase colonic residue; inclusion in the diet should be based upon patient tolerance.

TABLE E-2: SAMPLE MENU FOR FIBER AND RESIDUE-RESTRICTED DIET

BREAKFAST	LUNCH	DINNER
½ fresh orange 1 egg, scrambled ¾ c corn flakes 2 slices white toast 2 t margarine 1 c skim milk 1 c coffee salt, pepper, sugar	2 oz lean roast beef ½ c green beans ½ baked potato w/o skin 2 dinner rolls ½ c applesauce 2 t margarine 1 c iced tea salt, pepper, sugar	3 oz baked chicken w/o skin ½ c carrots ½ c lima beans 2 slices of white bread ½ c banana pudding 2 t margarine 1 c skim milk 1 c coffee salt, pepper, sugar
NUTRITIONAL ANALYSIS	Kilocalories: 1861 Protein: 103 g Fat: 53 g Carbohydrates: 286 g	Sodium: 4254 mg Potassium: 3824 Fiber: 20 g

RESIDUE CONTROLLED DIET PLAN

For _____ Date _____

GENERAL INTRUCTIONS

The Low Residue diet is a flexible diet which can be adjusted to your food likes and dislikes. Its principles are:

- Eat regularly as indicated on sample menu.
- Chew all foods well.
- Avoid all rich gravies, desserts and fried foods
- Use all fats in moderation.
- Plan to include one citrus juice or fruit daily for Vitamin C.
- Include one dark green or yellow fruit, vegetable, or juice every other day for Vitamin A.

BASIC MEAL PLAN	SAMPLE MENU	SPECIAL INSTRUCTIONS
BREAKFAST	BREAKFAST	
Fruit Egg Bread Sweets Cereal Sweets (optional) Beverage	½ cut Orange juice 1 poached egg 1 slice white toast 2 tsp. jelly ½ cut Instant Cream of Wheat 1 tsp. honey Coffee	Calories may be adjusted with the following foods: Sugar – 1 tsp. = 18 calories
10 AM SNACK	10 AM SNACK	Honey – 1 tsp. = 22 calories
Milk beverage or substitute Fruit	1 cup CIB* made with CARNATION Nonfat Dry Milk 1 small banana	Bread -1 slice = 65 calories
NOON MEAL	NOON MEAL	Butter or margarine -1 tsp.= 34 calories
Lean meat or substitute Bread Fat Vegetable Fruit	2 oz. Cheddar cheese, grilled with 2 slices white bread 1 tsp. margarine 6 oz. tomato juice ½ cut canned pears	
2 PM SNACK	2 PM SNACK	
Milk beverage or substitute Sweets	1 cut CIB* made with CARNATION Nonfat Dry Milk 2 sugar cookies	
EVENING MEAL	EVENING MEAL	
Fruit or vegetable Lean meat or substitute Potato or substitute Vegetable Bread Fat Dessert Fruit Beverage	1 cut fruit cocktail packed in water 4 oz. roast turkey ½ cut white, enriched rice ½ cup pureed asparagus 1 hard roll 2 tsp. margarine 1 slice angel food cake topped with ¼ cup canned cherries Coffee	

By _____

*CIB – CARNATION Instant Breakfast (any flavor)

	FOODS PERMITTED	FOODS NOT ALLOWED
EGGS	Prepared in any manner, except fried.	Fried eggs.
MEAT & MEAT SUBSTITUTES	Roasted, bakes, or broiled beef, chicken, turkey, bacon, ham, lamb, veal, or fish. Cottage, cream, and milk American cheese.	Highly-seasoned or highly salted meats and fish. Fatty meats, luncheon meats or frankfurters. (crisp bacon is allowed in moderate amounts) Fried meats or shellfish with tough connective tissues. Highly flavored cheeses.
VEGETABLES	Canned or cooked pureed vegetables such as asparagus, beets, carrots, peas, pumpkin; squash, spinach and young string beans. cooked potato without skin. Mild flavored vegetable juices.	All raw vegetables. Fried potato, potato chips, and brown rice.
FRUITS	Cooked or canned apples, apricots, cherries, peaches, and pears. Fruit juices. Ripe banana or avocado without skins or seeds.	All fresh fruits.
SOUP	Butter, margarine, and oils.	Highly spiced salad dressings.
FATS	Butter, margarine, and oils.	Highly spiced salad dressings.
BREADS & CEREALS	Refined bread, toast, rolls, and crackers. cooked cereal such as Cream of Wheat. cornmeal, cornflakes, puffed rice, and puffed wheat	Any with whole grain or graham flour, bran, seeds or nuts; hot breads and quick breads. Whole grain or bran cereals. whole grain rice, dried legumes, popcorn.
DESSERTS	Gelatin desserts, tapioca, angel food or sponge cake, plain custard, ice cream without fruit or nuts, cookies, and pudding.	Any made with coconut, nuts, or fruits.
SWEETS	Sugar, honey, jelly, syrups, hard candy, and milk chocolate.	Jam, marmalade, candy with coconut, nuts or whole fruits.
BEVERAGES	Milk as directed by your physician or dietitian. coffee, tea, and carbonated beverages.	Alcohol.
MISCELLANEOUS	Salt, plain gravy, and cream-style peanut butter.	Garlic, seed spices, pickles, olives, nuts, pepper, chili powder, popcorn, rich gravies and vinegar.