

FIBER- AND RESIDUE- RESTRICTED DIET

Purpose of the diet: to decrease the amount of residue and fiber in your diet to limit residue in the colon. This will help prevent blockages in the gastrointestinal tract, decrease bowel movement volume and frequency while increasing time in the intestines, and decrease abdominal cramping. This may be used prior to or after surgery on the gastrointestinal tract.

Description of the diet: a fiber- and residue- restricted diet allows foods with a small amount of insoluble fiber and some foods that produce a decreased amount of residue. High-fiber foods and tough, fried meats are not allowed.

Guidelines:

- The diet is temporary. You should resume a regular diet when your symptoms disappear. Remember to add foods back slowly.
- Avoid seeds, nuts, whole-grain, bran, raw or dried fruits, prune juice, raw vegetables and legumes.
- Milk and milk products may not be tolerated well. Limit to two cups each day.
- Buy refined breads, cereals, pasta and white rice.
- Avoid meat with tough connective tissue.

Food List:

- **Fruits:** most canned or cooked fruits, applesauce, fruit cocktail and ripe bananas.
- **Vegetables:** canned or well-cooked vegetables to include carrots, green beans, spinach, asparagus, squash, beets, mushrooms and lettuce.
- **Breads and cereals:** refined rolls, muffins, biscuits, breads, crackers, waffles, pancakes, plain pastries, refined cooked cereals such as grits, and refined cereals such as puffed wheat and rice.
- **Starchy vegetables:** cooked sweet and white potatoes without skin, white rice, and pasta.
- **Meat and meat substitutes:** ground or well-cooked, tender beef, ham, pork, fish, poultry, organ meats and eggs.
- **Other:** margarine, salad dressings, mayonnaise, mustard, ketchup, bacon, plain sherbet, popsicles, plain hard candy, marshmallows, sugar, syrup, plain cakes and cookies.