



Low Residue Diet

PURPOSE:

The low residue diet provides food which will result in a reduced amount of residue or undigestible dietary fiber in the lower bowel thus avoiding irritation to the colon. This diet may be used for patients before abdominal surgery or after abdominal surgery or in intestinal disease states of diverticulitis or ulcerative colitis.

APPROXIMATE COMPOSITION:

Protein 80 grams
 Fat 85 grams
 Carbohydrate 215 grams
 Calories 1950 grams

ADEQUACY:

This diet is obviously low in natural fiber content. Calcium may possibly be deficient due to decreased milk allowance; vitamin B complex may also be below RDA, especially if cereal and bread intake are low or from non-fortified sources.

TYPE OF FOOD	FOOD ALLOWED	FOODS TO AVOID
Beverages	Milk and milk drinks (no more than one pint daily, including that used in cooking)	None
Bread	Enriched white or light rye bread or rolls, saltines, melba toast, crackers	Bread and crackers containing whole grain flour, bran, or seeds
Cereal	Strained oatmeal, Farina, Cream of Wheat & Rice, Cornflakes, puffed rice, Rice Krispies, Sugar Pops, Frosted Flakes, Cheerios	Whole grain cereals: Ralston, Wheatena, Wheaties, Shredded Wheat, Puffed Wheat, 100% bran: Bran Flakes, Raisin Bran
Eggs	All cooked eggs	Raw eggs
Desserts	Candies, cakes, gelatin, ice cream, pudding and sherbet all made from milk allowed	All products containing coconut, seeds, nuts, tough skins, or other foods not allowed
Fats	Butter, margarine, vegetable oils, cream or half & half (no more than 1/2 cup daily), crisp bacon, milk, mayonnaise	None
Potatoes or Substitutes	Potatoes, hominy, macaroni, polished rice, spaghetti	Skin potatoes, fibrous sweet potato, brown and wild rice