

# LOW RESIDUE DIET

## **PRACTITIONER POINTS**

### **RATIONAL**

Low residue or restricted residue or low fiber diets are used to reduce fecal volume by restricting foods high in crude fiber, cellulose, hemicellulose and lignin. Milk, once thought to contribute residue, is not restricted, unless the lactase enzyme is missing.

### **USE**

Low residue diets are often used during temporary disorders of the stomach, in severe diarrhea, during acute bouts with ulcerative colitis, diverticulitis or Crohns disease, during healing of ostomies, after bowel surgery, when there is partial bowel obstruction and in conjunction with vaginal radium implants.

### **RELATED PHYSIOLOGY**

This diet contains foods that are low (4-10gm) in dietary fiber and non-irritating to the digestive tract. These foods do not increase fecal output. Dietary residue refers to the volume of material remaining after the digestive process has been completed and includes not only indigestible fiber, but also the bacterial residues and cell that slough from the intestinal mucosa.

As food leaves the mouth and travels through the gastrointestinal tract it changes shape and consistency. Once digestion is complete and nutrients have been absorbed, the remaining residue and water move to the large intestine where water and some minerals are reabsorbed. The remaining fiber or residue is then evacuated.

Traditionally low residue or low fiber diets are ordered when there is irritation at any spot along the GI tract. This diet eliminates fibrous, gas forming and irritating foods so that healing may occur. When there is a partial bowel obstruction or a vaginal radium implant, it is necessary to reduce the amount of fecal material passing through the colon. A regular diet may usually be resumed after the irritation or obstruction is resolved.

Occasionally, patients with chronic ulcerative colitis and/or crohn's disease may need to remain on the Low residue diet indefinitely. High fiber foods may cause irritation to the colon and only exacerbate the problem.

**NUTRIENTS MODIFIED**

All nutrients are provided by this diet when a variety of food is selected. Texture is modified by offering items that are easily digested, moderately low in roughage and very mildly seasoned. Tender foods are used such as cooked vegetables, canned fruits, and refined breads and cereals. Fried foods and highly seasoned foods, pepper and alcohol may cause distress and, therefore, are eliminated.

All foods have some residue. Even when foods is not consumed residue exists in the intestinal tract due to normal body metabolism and process of life.

<b>Food Group</b>	<b>Servings daily</b>	<b>Foods Included</b>	<b>Foods not Included</b>
Milk, Yogurt And cheese	2-3 servings	Skim, low fat or whole milk; buttermilk, milk drinks such as pasteurized egg- nogs, milkshakes, chocolate milk, cocoa, evaporated or condensed milk. non-fat dry milk solids, yogurt with allowed fruits, cottage cheese, soft mild American or cheddar cheese	None; limit milk and milk products if there is lactase deficiency, strong cheese, other cheeses

<b>Food Group</b>	<b>Servings Daily</b>	<b>Foods Included</b>	<b>Foods Not Included</b>
Meat, fish Poultry, Dry	2-3 servings	Baked, boiled broiled, roasted,	Any tough, stringy highly seasoned
Beans, Eggs And Nuts		stewed, micro- waved or creamed meat and fish, very tender chicken, turkey, veal, beef, lamb, lean pork, all fish(no bones) smooth peanut butter, soft pre- prepared meat alternatives, finely ground nuts, tofu (soy cheese), any Style egg, except Fried, egg substitutes	or fried meat, fish or poultry, hot dogs, cold cuts sausages, ham corned beef, chunky peanut butter, dry beans and peas, baked beans, fried eggs raw eggs
Breads, Cereal, Rice and Pasta	6-11 servings	Enriched bread made with finely milled whole grain or refined flour, plain rolls, muffins and crackers (saltine or graham), refined cereals (cooked or dry), strained oatmeal, hot breads as tolerated, rice, spaghetti (plain no spicy sauce), pasta	Whole grains, highly seasoned snack crackers, any containing seeds, nuts or dried fruits, any not allowed on list, highly seasoned rice and pasta

<b>Food Group</b>	<b>Servings Daily</b>	<b>Foods Included</b>	<b>Foods not Included</b>
Vegetable	3-5 servings	tender, cooked soft vegetables, whole as tolerated such as asparagus beets, carrots, green beans, wax beans and winter squash, vegetables juices, mashed, boiled, creamed or baked white or sweet potato w/out the skin	raw vegetables vegetables with skin strongly flavored vegetables such as broccoli, brussels sprouts, cabbage, cauliflower, corn dried beans and peas, green pepper, onions, rutabagas, sauerkraut turnips, fried vegetables, highly seasoned potatoes, fried potatoes, chips
Fruits	2-4 servings	As tolerated, all canned, stewed or cooked fruits without seeds and skins, ripe bananas citrus fruit sections without membrane, fruit juices	All raw fruit spiced, pickled or dried fruit, pineapple berries, prunes, any fruit not tolerated any with seeds or tough skin
Fats and Oils	Use sparingly	margarine, reduced calorie margarine, butter, mayo, oil shortening, cream, sour cream, cream cheese, drained crisp bacon, cream gravy, cream sauces, gravies	Avacado, salad dressings all other fats



## SAMPLE MENU

Breakfast	Lunch	Dinner
1 C. Orange juice	3 oz Roast beef and Gravy	1C Macaroni and Cheese
1 C Cream of Wheat	1 C White Rice	1 C Spinach
1 C Scrambled eggs	1 C Carrot coins	1 C banana/peach mix
1 Slice toast	1 C Gelatin	1 Slice bread
2 tsp Margarine	1 Slice bread	1 tsp Margarine
1 C 2% milk	1 tsp Margarine	1 Sugar cookie
	1 C 2% milk	1 C 2% milk

Sugar, salt and allowed beverages of choice are routinely included.

APPROXIMATE NUTRIONAL ANALYSIS					
Protein	102gm	Vit C	43.8mg	Phosphorus	1594mg
Fat	87.4gm	Niacin	13.5mg	Iron	19.4mg
Carbohydrate	252.5gm	Riboflavin	2.8mg	Sodium	2566mg
Calories	2177 kcal	Thiamin	1.4mg	Potassium	3344mg
Vit A	4093.5RE	Calcium	1479mg	Dietary fiber	19.2gm
Folate	323.1ug	Zinc	25.0mg		

The sodium value will vary with the amount of salt added in food preparation.