

Care Gram

Low-fiber/Low-residue Diet

What Is a Low-fiber/Low-residue Diet?

A low-fiber/low-residue diet reduces the amount of high-fiber and residue-providing foods you eat. Fiber is a substance found in plants that your body cannot process. Residue is undigested food, including fiber, which makes up stool. Eating less lowers how much food passes through the large intestine.

Your doctor may recommend a low-fiber/low-residue diet for the following reasons:

- Nausea/vomiting
- Gastrointestinal pain
- Your system needs a rest
- After surgery
- During radiation therapy to the stomach

It may also ease symptoms for those with ulcerative colitis or Crohn's Disease.

Changing Your Diet – First Steps

To lower residue in your diet, you will need to limit foods with fiber, milk and milk products, and caffeine.

- Plant foods such as fruits, vegetables, grains, and legumes contain fiber. Although you can still eat some foods with fiber, high-fiber foods need to be limited. Your doctor or dietitian will tell you how many grams of fiber that you can eat each day.
- You can have two cups of milk or milk products per day. If you are lactose intolerant, you may need to avoid milk and milk products.
- You will not be able to eat some healthy foods, and not all your dietary needs may be met on a low-fiber/low-residue diet. Ask your doctor if you should take any supplements.

Eating Plan

Grains

Eat:

- Refined breads, crackers, cereals, pancakes, and waffles with less than 0.5 grams of fiber per serving
- Refined pastas such as macaroni, noodles, and spaghetti
- White rice

Do not eat:

- Whole-grain breads and crackers such as whole wheat, pumpernickel, rye, and cornbread
- Whole-grain pancakes, waffles, pasta, and cereals such as bran, oatmeal, and granola
- Bread and cereals with seeds, nuts, or dried fruits
- Brown rice



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Vegetables

Eat:

- Well-cooked and canned vegetables without skins or seeds
- Lettuce
- Vegetable juice without pulp or seeds

Do not eat:

- Raw vegetables
- Cooked peas, winter squash, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, and corn
- Vegetable sauces such as tomato sauce
- Vegetable skins such as potato skins

Fruits

Eat:

- Canned or cooked fruit with skin, except canned pineapple and fruits with seeds
- Applesauce
- Ripe bananas
- Ripe cantaloupe and honeydew melon
- Fruit juices without pulp

Do not eat:

- Raw fruit
- Dried fruit
- Prune juice
- Canned pineapple or coconut
- Seeds or nuts

Milk and Milk Products

Note: Limit milk and milk products to two cups per day. If you are lactose intolerant, consume milk that is clearly marked lactose free.

Eat:

- Milk
- Yogurt
- Cheese and cottage cheese
- Ice cream
- Soy, almond, and rice milk
- Lactose-free milk

Do not eat

- Milk products with fruit, seeds, or nuts – including dried fruit
- More than two cups of milk or milk products per day

Meat and Beans

Eat:

- Well-cooked or tender beef, lamb, ham, pork, poultry, fish, shellfish, and organ meats
- Eggs
- Smooth nut butters

Do not eat:

- Hard, tough meats, such as jerky
- Meat with seeds such as salami
- Dried beans or peas

Oils

Eat:

- Oil
- Mayonnaise
- Salad dressings without seeds

Do not eat:

- Salad dressings with seeds

Fats and Sweets

Eat:

- Butter and margarine
- Plain cakes, cookies, and pies made with allowed fruits and without nuts
- Ice cream and frozen yogurt – within milk and milk product – two cup limit
- Plain sherbet and fruit ice
- Plain candy

Do not eat:

- Candy, cakes, cookies, and other baked goods made with whole grains, seeds, nuts, coconut, or dried fruit

Other

Eat:

- Strained soups
- Plain gravy
- Jelly, honey, and syrup
- Salt, pepper, and herbs
- Ketchup
- Carbonated drinks
- Herbal teas

Do not eat:

- Marmalade, jam, or preserves
- Popcorn
- Pickles
- Coconut
- Coffee
- Caffeinated Tea