



Shailaja S. Behara, MD, AGAF
 Board Certified in Internal Medicine & Gastroenterology
 Ph: 281-528-1511 Fax: 281-419-8485
 www.rdctx.com

Fiber & Residue Restricted Diet

The fiber and residue restricted diet is used to reduce fecal output and is used for the short-term treatment of an acute phase of diverticulitis, infectious enterocolitis, ulcerative colitis, Crohn's disease with an inflamed bowel or a narrowed intestinal or esophageal lumen. This diet may also be used as a transition diet, before and after colon surgery or in partial intestinal obstruction. Long term use in the fiber and residue restricted diet may result in constipation, diverticular disease, contribute to the development of colon cancer or gallstone disease. When minimum residue diet is needed, elemental formulas (Vital HN, elemental hydrolyzed protein; Vivonex Plus, elemental-free amino acids) can easily be used to reduce fecal volume. These elemental formulas are generally used during acute exacerbation of inflammatory bowel disease (IBD), partial bowel obstruction, diverticulitis, or as preparation for bowel exam or surgery.

Why follow a fiber and residue-restricted diet?

You will need to decrease the amount of fiber in your diet temporarily while you are experiencing diarrhea and abdominal cramping. You may also need to limit residue-causing foods such as fruits and vegetables. You can gradually introduce foods back into your diet once symptoms disappear.

Important Points to Keep In Mind

- Avoid any food made with seeds, nuts, and raw or dried fruit.
- Follow this diet on a temporary basis only. Once your symptoms disappear, gradually introduce foods back into your diet.
- You may experience difficulty tolerating milk or milk products. Talk with your doctor or dietitian about how much milk to include in your diet.

| Food Categories | Foods Recommended | Foods That May Cause Distress | Tips |
|---|---|---|--|
| Breads, Cereals, Rice, And Pasta | Refined breads, rolls, biscuits muffins, crackers, pancakes, and waffles. Refined ready-to-eat cereals including grits and farina. Refined cold cereals including puffed rice and puffed wheat. White rice and refined pasta. | Any bread product made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers. Any whole-grain, bran, or granola cereal, oatmeal, any cereal with seeds, nuts, or dried fruit. | Buy breads and cereals made from refined wheat and rice. Avoid whole-grain products with added bran. |
| Vegetables | Most well-cooked and canned vegetables without seeds; lettuce if tolerated Strained vegetable juice. | Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas. | Remove skin from vegetables and fruits before cooking |
| Fruits | Most well-cooked fruits, applesauce, fruit cocktail, and ripe bananas. Strained fruit juice | Raw or dried fruits, all berries, Prune juice. | |
| Milk, Yogurt, And Cheese | Milk, cheese, cottage cheese, and yogurt (as tolerated). | | |
| Meats, Poultry, Fish, Dry Beans And Peas, Eggs, And Nuts | Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, and organ meats. Eggs | Tough fibrous meats with gristle, any meat prepared with whole-grain ingredients, seed, or nuts. Dry beans, peas, and lentils Peanut butter. | Marinate meats in juice or wine for added flavor. |
| Fats, Snacks, Sweets, Condiments, And Beverages | Margarine, Butter, vegetable oils, mayonnaise, bacon, plain gravies, and salad dressing. Bouillon, broth, or cream soups made with allowed ingredients. Plain cakes and cookies, pie made with allowed fruits, plain sherbet, fruit ice, gelatin, custard, frozen fruit pops, jelly, plain hard candy, marshmallows, frozen yogurt, and ice cream. Coffee, tea, and carbonated beverages. | Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit. Nuts, seeds, and popcorn. | Season with spices and herbs for added flavor and variety. |

Sample Menu for a Fiber-And Residue-Restricted Diet

| Suggested Meal Plan | Sample Menu | Your Menu |
|--|---|-----------|
| Breakfast Fruit Juice Cereal Bread/Biscuit Margarine/Jelly Milk/Coffee Beverage | Strained orange juice (3/4 cup) Puffed rice cereal (3/4 cup) with ripe banana (1) White bread toast (2 slices) Margarine (2 tsp) and Jelly (1 tbsp) Milk (1 cup) Coffee or Tea | |
| Noon Meal Soup or Juice Meat/Meat Substitute Bread Vegetable Fruit/Dessert Beverage | Tomato soup (Made with water) (1 cup) Lean hamburger (3 oz) Saltine crackers (4) Mustard and Ketchup (1tbsp each) Canned fruit cocktail (1/2 cup) Milk (1cup) | |
| Evening Meal Meat/Meat Substitute Starch Vegetable(s) Bread Margarine Fruit/Dessert Milk Beverage | Broiled Skinless Chicken Breast (3oz) White rice (1/2cup) Well-cooked spinach (1/2cup) White roll (1) Margarine (2tsp) Low-fat frozen yogurt (1/2 cup) Milk (1cup) Coffee or tea | |