

## Low Residue Diet

A low residue diet is low in fiber, fat and foods that may irritate the gut. A low residue diet is appropriate for a variety of patients, including individuals with diverticulitis, gastroparesis and inflammatory bowel disease. Foods high in fat and fiber are particularly challenging for a gut that needs rest or a stomach that won't empty, which is why they are limited in this diet.

### Points to keep in mind:

- Avoid any food made with raw or dried fruit.
- Avoid whole-grain breads and cereals. Purchase products made from refined flour.
- Do not eat raw fruits or vegetables. Remove skins before cooking.
- Limit fats since these can increase stool bulk and slow gastric emptying.
- Avoid tough, fibrous meats that are difficult to chew.
- Avoid nuts, popcorn, seeds and granola.

	<b>Foods to choose (smooth texture, low fiber/fat)</b>	<b>Foods to avoid (rough texture, high fiber/fat)</b>
Milk & Dairy	Milk, plain or flavored (lactose free is often best) Yogurt, custard Lactose free ice cream, lactose free cottage cheese Hard cheeses, any kind	Yogurt with nut clusters/granola or dried fruit
Fruit	Fruit juice, any kind Canned or cooked fruit without skins Ripe banana, soft cantaloupe or melon	Prunes Raw or dried fruit All berries and raisins
Vegetables	Vegetable juice Well cooked vegetables, such as steamed, boiled or canned (remove skins)	Raw or undercooked vegetables Lettuce and salad vegetables
Breads, cereals, rice and pasta	Enriched white bread, rolls, low fat biscuits and low fat muffins White rice, pasta, noodles, cooked potatoes (no skin) Plain crackers Cooked cereals (Cream of Wheat, rice or oatmeal) Flakes, puffed rice (3gm or less fiber per serving)	Breads or rolls with nuts, seeds or fruit Whole wheat/whole grain bread Potatoes with skin Brown or wild rice Buckwheat Whole grain cereals, bran cereals, granola-type cereals with nuts, seeds or dried fruit
Meat & other proteins	Ground or well-cooked and tender beef, lamb, ham, veal, pork, fish, poultry or organ meats Eggs Smooth peanut butter/almond butter	Tough, fibrous meats that are difficult to chew Dry beans, peas and lentils Nuts, all types Crunchy peanut butter
Snacks & condiments	Margarine, butter, oils, mayonnaise, sour cream and salad dressings (moderate amounts – 1-2 Tbsp) Sugar, jelly, jam, honey and syrup Spices, cooked herbs, bouillon, broth and soups made with allowed ingredients Coffee, tea Plain cakes and cookies Gelatin, plain puddings, custard, ice cream, sherbet and popsicles Hard candy, pretzels	Nuts All desserts containing nuts, seeds, dried fruits or made from whole grains or bran Candy made with nuts Popcorn