

Low Fiber/Low residue Diet

A low fiber/low residue diet may be recommended during the flare-up periods of diverticulitis and inflammatory bowel disease (IBD - Crohn's disease and ulcerative colitis). An intake of less than 10 g of fiber per day is generally considered a low residue/low fiber diet.

Many people use the terms "low-residue diet" and "low-fiber diet" interchangeably. Note that they are similar but not exactly the same however. Some low fiber foods, such as dairy and coffee, can actually increase residue or stimulate bowel movement. Some foods that are lower in residue, such as bran, are indeed high in fiber. In general, a low-residue diet is more restrictive than a low-fiber diet. Therefore, it is important to check with your healthcare providers whether a low-fiber diet is sufficient or perhaps a true low-residue diet is required.

Low-Fiber

- Include white bread and refined cereals and rice products. Avoid products made with whole grain flour, bran, seeds or nuts.
- Choose canned or cooked fruits and vegetables. Some allowed raw or cooked fruits and vegetables may cause discomfort; omit these foods. Drink juices without pulp.
- Eat tender, ground or well-cooked meats. Avoid all dried beans and peas.

With good food choices, this diet will meet all your nutrition needs.

Low-Residue

- Follow low-fiber guidelines
- Limit milk and milk products to 2 cups per day
- Exclude prune juice from diet

Sample Meal Plan for Low-Fiber Diet

Breakfast

½ cup apple juice ¾ cup corn flakes 1 slice white bread 1 tsp. margarine 2 tsp. jelly 1 cup 2% milk

Coffee/tea

Lunch

1 cup chicken rice soup 3 oz. lean hamburger Hamburger bun, white, no seeds Iceberg lettuce 1 cup 2% milk ½ cup fruit cocktail ½ cup grape juice

Dinner

3 oz. chicken breast 1 white roll 1 tsp. margarine ½ cup mashed potato ½ cup cooked green beans ½ cup honeydew melon Coffee/ tea