

LOW FIBER-LOW RESIDUE DIET (4-10 GRAMS FIBER)

PURPOSE

Dietary fiber is the undigestible part of plants that maintains the structure of the plant. Dietary fiber includes cellulose, hemicellulose, polysaccharides, pectins, gums, mucilages, and lignins. Although they are chemically unrelated, they all resist digestion by the human body. It is this resistance that makes these fibers important in both the normal functioning and in disorders of the large intestine or colon.

In certain medical conditions, it is important to restrict fiber.

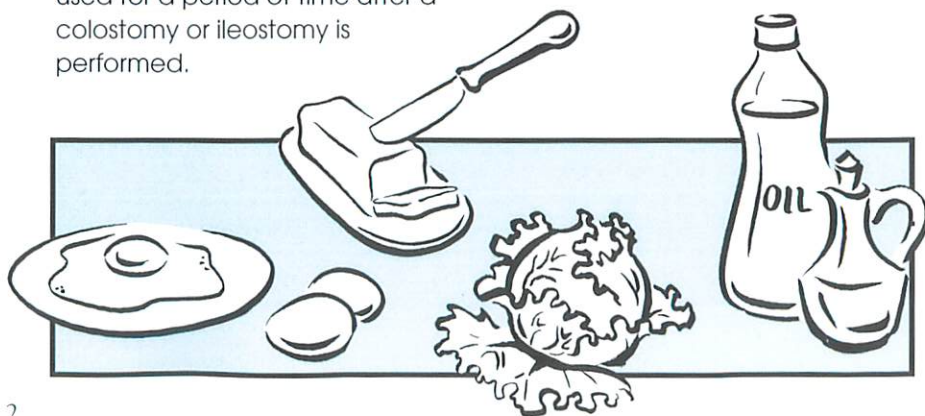
These include acute or subacute diverticulitis, and the acute phases of certain inflammatory conditions of the bowel—ulcerative colitis or Crohn's disease. After some types of intestinal surgery, a low fiber, low residue diet may be used as a transition to a regular diet. A low fiber diet may also be used for a period of time after a colostomy or ileostomy is performed.

NUTRITION FACTS

Depending upon individual food selection, the Low Fiber, Low Residue Diet is adequate in all nutrients (National Research Council's Recommended Dietary Allowance). If the diet must be strict and followed over a long period of time, the intake of fruits and vegetables may not be adequate; and/or on a low residue diet, there may not be enough calcium included. In these cases, a multi-vitamin supplement or liquid nutritional supplement may be needed.

SPECIAL CONSIDERATIONS

If a low fiber or low residue diet results in abdominal cramps or discomfort, notify the dietitian or physician immediately.



FOOD GROUPS

Group	Recommend	Avoid
Milk & milk products (2 or more cups daily)	all milk products	Low Residue Diet only 2 cups daily of all milk products
Vegetables (2 servings daily) 1 serving = 1/2 cup	vegetable juice without pulp; the following cooked vegetables: yellow squash (without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots; tomato sauce and paste	vegetable juices with pulp, raw vegetables, cooked vegetables not on Recommend list
Fruits (2 - 3 servings daily) 1 serving = 1/2 cup	fruit-juices without pulp, canned fruit except pineapple, ripe bananas, melons, peeled and cooked apples, orange and grapefruit without the membrane	fruit-juices with pulp, canned pineapple, fresh fruit except those on Recommend list, prunes, prune juice, dried fruit, jam, marmalade
Starches - Bread & grains (4 or more servings daily)	bread and cereals made from refined flours, pasta, white rice, saltines, tapioca	whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal
Meat or meat substitutes (5 - 6 oz daily)	meat, poultry, eggs, seafood, cottage cheese, other mildly flavored cheeses	chunky peanut butter, nuts, seeds, dried beans, dried peas, tough gristly meats, hot dogs, sausage, sardines, fried meats, strongly flavored cheeses
Fats and oils (servings depend on caloric needs)	all oils, margarine, butter	coconut, fats used for deep frying

FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Sweets and desserts (servings depend on caloric needs)	all not on Avoid list	desserts containing nuts, coconut, raisins, seeds
Miscellaneous	all not on Avoid list	popcorn, pickles, horseradish, relish

SAMPLE MENU

Breakfast

orange juice 1/2 cup
cornflakes 1 cup
poached egg
white toast 1 slice
margarine 1 tsp
jelly 1 Tbsp
skim milk 1 cup
coffee 3/4 cup
sugar 1 tsp
non-dairy creamer
salt/pepper

Lunch

fish 3 oz
rice 1/2 cup
cooked green beans
1/2 cup
white bread 1 slice
margarine 1 tsp
jelly 1 Tbsp
applesauce 1/2 cup
coffee 3/4 cup
sugar 1 tsp
non-dairy creamer
salt/pepper

Dinner

chicken breast 3 oz
noodles 1/2 cup
cooked carrots
1/2 cup
white bread 1 slice
margarine 1 tsp
jelly 1 Tbsp
canned peaches
1/2 cup
skim milk 1 cup
coffee 3/4 cup
sugar 1 tsp
non-dairy creamer
salt/pepper

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories 1576 Fat 45 gm
Protein 89 gm Sodium 2817 mg
Carbohydrates 215 gm Potassium 3510 mg

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