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Low Fiber and Low Residual Diet

What is a low fiber diet?

A Low fiber diet is composed of foods, which are easily digested and readily absorbed. It also contains less than 10 to 15 grams of fiber per day and eliminates foods known to increase the amount of stool.

What is a low residual diet?

A low residue diet is similar to the low fiber diet with limitations on milk resulting in minimum residues in the intestines. It's recommended for patients with diverticulitis, ulcerative colitis, Crohn's disease, radiation therapy to the pelvis and lower bowel, new colostomy / ileostomy, recent intestinal surgery, and bowel inflammation.

Fiber: is the undigested part of plants that remains in the intestinal tract and contributes to stool.

Residue: includes fiber and any other foods that may increase stool output.

General guidelines for the low fiber diet:

- Drink juices without pulp.
- Avoid all dried beans and peas.
- Eat tender, ground, or well-cooked meats.
- Include white bread and refined cereals and rice products.
- Avoid products made with whole grain flour, bran, seeds, or nuts.
- Eat canned or cooked fruits and vegetables instead of raw or cooked fruits and vegetables as it may cause discomfort.


general guidelines for the low residue diet :

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



Allowed foods:

Group	Examples
Dairy products	Milk, Yogurt, Cheese (lactose free).
Fruits and their juices	Canned / baked fruits without skins or seeds. All juices without pulp.
Vegetables and their juices	Tender / well cooked vegetables. Vegetable juices without seeds or pulp.
Grains	Choose grain food with less than 2 grams dietary fiber per serving. Refined white flour products, for example: enriched white bread without seeds - Pancake/waffles - Cream of wheat - pasta - and rice.

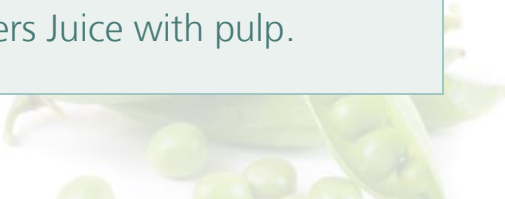


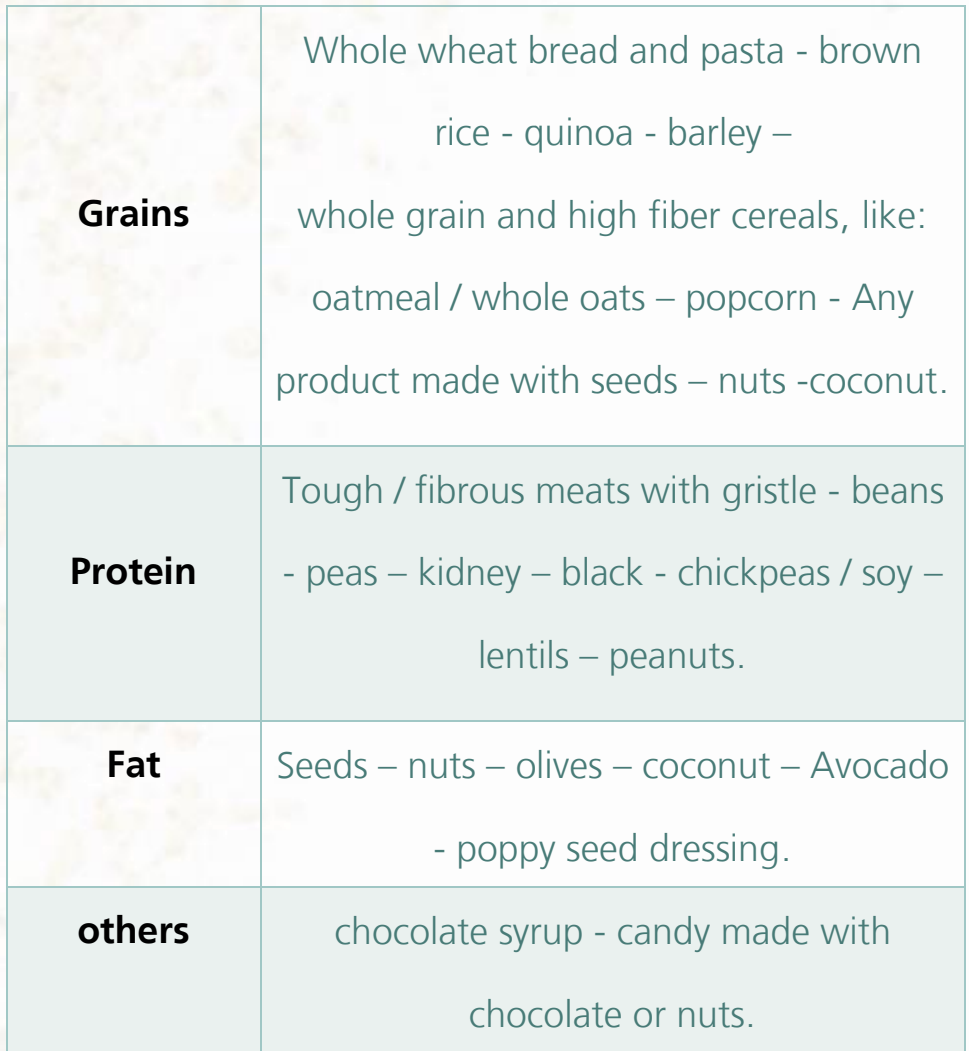
Protein	Tender / ground / well cooked meats – Fish – poultry – eggs – tofu - creamy peanut butter.
Fat	limit fat to less than 8 teaspoons a day and choose healthy oils and fats, such as canola and olive oils. margarine - butter - vegetable oils - salad dressing, mayonnaise – cream - plain gravies - whip cream.
others	Plain cakes – cookies – pastries – pie – gelatin - sugar - honey - coffee - tea - carbonated beverages. cinnamon - paprika - lemon – vanilla.



Unallowed foods:

Group	Examples
Dairy products	Milk and foods made with milk if you are lactose intolerant. Products with seeds and nuts.
Fruits and their juices	fruits with skins or seeds, for example: raisins – dates – figs – berries – pineapple – strawberries. prunes or berries - All dried fruits. Juice with pulp - prune juice.
Vegetables and their juices	vegetables with skins or seeds, for example: green peas – broccoli – corn - sweet potatoes – cauliflower – asparagus – mushrooms - raw carrots - zucchini. All others Juice with pulp.





Grains	Whole wheat bread and pasta - brown rice - quinoa - barley – whole grain and high fiber cereals, like: oatmeal / whole oats – popcorn - Any product made with seeds – nuts -coconut.
Protein	Tough / fibrous meats with gristle - beans - peas – kidney – black - chickpeas / soy – lentils – peanuts.
Fat	Seeds – nuts – olives – coconut – Avocado - poppy seed dressing.
others	chocolate syrup - candy made with chocolate or nuts.

Sources and References:

- Academy of Nutrition and Dietetics, nutrition care manual 2021 - 2022
 - All pictures used are from Canva.com

Review and Audit:

The content of this booklet was written and reviewed by clinical nutrition specialists at King Fahd University Hospital.

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