

Colon and Rectal Surgery

Low Fiber Diet

Page 1 of 2



Low Residue Diet

A low residue diet is composed of foods which are easily digested and readily absorbed, resulting in a minimum of residue in the intestinal tract. Foods which are high in residue are those which are high in roughage or fiber.

A low-residue diet may be prescribed to reduce the size and number of stools, such as after intestinal surgery or when there is a narrowed area of the bowel such as in Crohn's disease, diverticulitis or at a surgical anastomosis. It may be used for a short time before transition to a regular or high fiber diet, or for prolonged periods when necessary.

Low fiber foods are often described as "white foods," e.g. white bread, chicken, fish, white pasta and white rice. This list is not comprehensive and is meant only as a guideline.

Certain foods, such as dairy products, may be poorly tolerated by some individuals and so the diet should be individualized as appropriate.

Foods Allowed

- **Refined grain products with little bran:** low-fiber cereals with 0-1 gram of fiber per serving, white breads, saltine crackers, Melba/milk toast, low fiber pastas
- **Potatoes:** boiled, baked, creamed and mashed white potatoes without the skin
- **White rice**
- **Vegetables:** tender, well-cooked vegetable – limited. Peeled cucumbers. Vegetable juices without seeds or pulp
- **Fruits:** canned, baked or stewed without skins or seeds. Fruit juices with no pulp
- **Meats:** Hamburger, tender meat – limited and well chewed, poultry – chicken and turkey (not fried or breaded), fish, seafood
- **Dairy (if tolerated):** milk, ice cream, yogurt, puddings, butter and mayonnaise, mild cheeses without added nuts, fruit, etc.
- **Fats:** Smooth salad dressings, margarine, oils
- **Soups:** Broth-based soups and cream-based soups, strained
- **Eggs:** soft, baked, boiled, hard, scrambled, poached or soufflé
- **Sweets:** white sugar, brown sugar, clear jelly, honey, molasses, hard candy, gum drop, chocolate syrup, maple syrup
- **Spices:** salt and mild seasonings, cinnamon, paprika, lemon, vanilla



FIRST PHYSICIANS GROUP
of Sarasota Memorial Health Care System

Colon and Rectal Surgery • 941-262-1400

firstphysiciansgroup.com

Colon and Rectal Surgery

Low Fiber Diet

Page 2 of 2



Foods to Avoid

- **Fried foods:** eggs, cheeses, fried potatoes, potato skins, potato chips, French fries
- **Whole-grain:** breads, cereals, crackers and pasta, graham crackers, pretzels, pancakes, waffles, muffins, corn bread, quick breads, rice, barley
- **Meat and Cheese:** tough or coarse meats with gristle and luncheon meats or cheese with seeds
- **Nuts:** peanut butter, nuts, seeds
- **Vegetables:** whole and raw vegetables, skins, seeds and vegetable sauces; Chinese vegetable, stir-fry, fibrous vegetables including whole kernel corn, beans peas, sweet potatoes, cauliflower, asparagus, mushrooms, broccoli, raw carrots, zucchini, squash
- **Fruits:** raw fruits, fruits with skins or seeds, raisins, dates, figs, canned plums, berries, fruit cocktail, pineapple, strawberries, coconut. Cooked whole fruits and canned fruits.
- **Dairy:** yogurt, pudding, ice cream or cream-based soups with nuts, fruits or vegetables
- **Sweets:** candies containing fruit or nuts, jams, jam with fruit, marmalade
- **Snacks:** coconut, popcorn



FIRST PHYSICIANS GROUP
of Sarasota Memorial Health Care System

Colon and Rectal Surgery • 941-262-1400
firstphysiciansgroup.com