Low-Fiber and Residue Restricted Diets

A low-fiber diet restricts foods that contain carbohydrates that are not digested in the small intestine. A diet containing about 10 grams of fiber is considered low-fiber. The diet needs to be individualized to suit patient tolerances and preferences and to avoid unnecessary restrictions. Generally, the foods emphasized in a low-fiber diet have no skins or seeds. They may have been processed to remove bran, germ, or husks. Cooking may not necessarily eliminate the fiber. It may, in fact, enable a greater quantity of fiber to be consumed in a lesser volume. Legumes and nuts are also restricted.

The term low-residue has also been used to describe low-fiber diets, although the two are not the same. Residue refers to any substance that adds to bowel (*colonic*) contents, such as sloughed cells and intestinal germs (*bacteria*) in addition to fiber. Residue-containing foods, prunes and prune juice, milk, and connective tissue from meats may also need to be eliminated. It is important to eliminate these foods during sudden (*acute*) attacks of inflammatory bowel disease, when there is a partial obstruction due to another reason, or when minimal fecal output is desired. When problems are in remission, a more normal diet may be used.

PURPOSE

- Prevent blockage of a partially obstructed or narrowed gastrointestinal tract.
- Reduce stool weight and volume.
- Slow the movement of waste.

WHEN IS THIS DIET USED?

- Acute phase of Crohn's disease, ulcerative colitis, regional enteritis, or diverticulitis.
- Narrowing (*stenosis*) of intestinal or esophageal tubes (*lumina*).
- Transitional diet following surgery, injury (*trauma*), or illness.

ADEQUACY

This diet is nutritionally adequate based on individual food choices according to the Recommended Dietary Allowances of the National Research Council.

SPECIAL NOTES

In severe cases, it is recommended that residue containing foods, prunes and prune juice, milk, and connective tissue from meats be eliminated.

SAMPLE MEAL PLAN

The following menu is provided as a sample. Your daily menu plans will vary. Be sure to include a minimum of the following each day in order to provide essential nutrients for the adult:

Starch/Bread/Cereal Group	6 servings
Fruit/Vegetable Group	5 servings
Meat/Meat Substitute Group	2 servings
Milk/Milk Substitute Group	2 servings

Combination foods may count as full or partial servings from various food groups. Fats, desserts, and sweets may be added to the meal plan after the requirements for essential nutrients are met.

SAMPLE MENU

Breakfast	**Lunch**	**Supper**
1/2 cup orange juice.	1/2 cup chicken noodle soup.	3 ounces baked chicken.

1 boiled egg.	2 to 3 ounces sliced roast beef.	1/2 cup scalloped potatoes.
1 slice white toast.	2 slices seedless rye bread.	1/2 cup cooked beets.
Margarine.	Mayonnaise.	White dinner roll.
3/4 cup cornflakes.	1/2 cup tomato juice.	Margarine.
1 cup milk.	1 small banana.	1/2 cup canned peaches.
Beverage.	Beverage.	Beverage.

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