

## **LOW-RESIDUE/LOW-FIBER DIET**

Your doctor has recommended a low-residue/low-fiber diet in order to help control diarrhea/abdominal cramping or gas associated with your treatment. Fiber is the part of food that is not digested and can have laxative action. This information sheet is meant to be a guideline for you when you need to rest the intestinal tract. A well-balanced healthy diet should be followed when you have recovered. Your doctor will advise you whether to modify your diet by cutting down or cutting out foods high in fiber.

### HOW TO START:

Begin by limiting raw vegetables and raw fruit. Every few days begin substituting food items from foods to choose category listed below until your symptoms improve. Continue with the diet until 1 week after the completion of your treatment. It is best to slowly re-introduce regular foods to allow your intestines to readjust to the normal diet.

### GENERAL POINTS TO KEEP IN MIND:

- Avoid foods made with seeds, nuts, or raw or dried fruit, popcorn, and coconut.
- Limit milk and milk products to 2 cups daily.
- Avoid whole-grain breads and cereals.
- Do not eat RAW fruits and vegetables. Use canned or well cooked products.
- Avoid tough, fibrous meats with gristle.
- Limit highly seasoned or fatty food.
- Avoid spicy foods, such as hot sauce, salsa, chili, and curry dishes
- Avoid fried or greasy foods
- Avoid foods or drinks that cause gas, such as cooked dried beans, cabbage, broccoli, soy milk, and other soy products

GUIDELINES FOR FOOD CHOICE BY FOOD GROUP:

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<b>Beverages</b>	Decaffeinated coffee and tea, cocoa, carbonated beverages, fruit flavored drinks without pulp	Any beverages containing foods not allowed; alcoholic beverages.
<b>Breads and Cereals</b> 6-11 servings	Refined white, light wheat or rye bread and rolls; saltines or soda crackers. All refined, cooked and ready to eat cereals (corn, oats, wheat and rice)	Rolls with nuts, seeds, coconut or fruit not allowed; bread containing cracked wheat particles or whole seeds; course, dry cereals; any with bran or raisins; graham crackers, corn bread.
<b>Desserts</b> Avoid too many sweets	All Plain; puddings, junket, custard, tapioca, gelatin desserts, fruit whips, smooth ice cream, fruit ice, plain sherbet, yogurt, cake and cookies. Pie made with allowed fruits.	Rich pastry or cakes. Those with nuts, seeds, raisins, coconut, dates or fruits not allowed on list.
<b>Fats</b> Use in moderation	Butter, margarine, cooking oil, cream, milk salad dressings and mayonnaise, as tolerated. Bacon, plain gravies.	Fried foods, Nuts, Olives. All others.
<b>Fruits and Fruit Juices</b>	Fruit juice without pulp. Canned applesauce, cherries, fruit cocktail, and peaches. Fresh bananas, cherries, melon, nectarine, peaches, plums.	Prune juice. Canned pineapple, pears. Fresh apples, apricots, avocado, berries, mango, pear, dried dates, figs, prunes, raisins
<b>Milk/dairy</b>	All. Limit milk and milk products to 2 to 3 servings per day. (1 serving = 1 cup of milk/yogurt or 1 oz. of cheese)	None except those with seeds, nuts or fruits not allowed
<b>Soup</b>	Creamed soups with pureed or whole allowed vegetables; strained vegetable soups or chowders, meat or fish broths.	Highly seasoned soups or those containing ingredients other than on allowed list.
<b>Potatoes and substitutes</b>	White and sweet potatoes with no skins; refined rice, macaroni, spaghetti, noodles.	All others.
<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
<b>Meat or Meat substitute</b>	Tender, broiled, or stewed roast beef, veal, lamb, pork, ham, poultry,	Fried meats, fish or poultry; meats highly seasoned or containing whole

	fish, chopped clams, oysters, sweetbreads, liver, kidneys; smooth peanut butter. Eggs that do not contain foods to avoid.	spices; sausage, frankfurters, strong cheeses or those containing seeds. Dried beans or peas, chunky peanut butter.
<b>Vegetables</b>	Cooked or canned artichoke hearts, asparagus, beets, carrots, chard, green and wax beans, bean sprouts, mushrooms, pimiento, pumpkin. Fresh and cooked tomato (no seeds or skins), stewed, pastes, purees. Tomato juice. Limit vegetables to 2 servings per day and less than 2 grams of fiber per day	All other raw, strongly flavored vegetables (cabbage, broccoli, cauliflower, summer squash, okra, brussel sprouts, parsnips, rutabagas, turnips, onions, corn, baked beans). All others not listed as allowed.
<b>Miscellaneous</b>	Sugar, jelly, honey, syrup, plain candy. Salt, pepper, flavoring extracts, herbs and seasonings not listed on foods to avoid; milk gravies and cream sauces; barbecue sauce, mustard, ketchup.	Any on not allowed list; jam, marmalade, fruit preserves, and plain chocolate. Chili pepper, curry powder, cloves, seed spices, coconut, horseradish, popcorn, pickles, salsa, relish, chutney, all seeds such as poppy, sesame and caraway

**SAMPLE MENU**

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
½ Cup Fruit juice 1 egg ½ cup cereal 2 slices enriched white toast 2 tsp. Margarine sugar, jelly, cream 1 cup low-fat milk beverage	2 slices enriched white bread 2 oz. Meat ½ cup vegetable 1 tsp. Margarine or mayo 1 serving fruit or fruit dessert Beverage	3 oz. Meat ½ cup potato or substitute ½ cup vegetable 1 serving enriched white bread 1 tsp. Margarine 1 serving dessert 1 cup low-fat milk beverage
½ orange juice without pulp ¾ cup cornflakes 2 slices white bread margarine, jelly 1 cup 2% milk coffee/tea	1 cup Tomato soup 2 oz lean hamburger 1 hamburger bun without seeds 1 oz cheese sliced seedless/skinless tomato ½ cup canned mandarin oranges coffee/tea	½ cup strained tomato juice 3 oz broiled chicken breast ½ cup mashed potatoes 1 cup cooked spinach ½ cup canned fruit White bread or roll ½ cup frozen yogurt 1 cup 2% milk
½ banana ½ cup malt-o-meal 1 poached egg 1 slice white toast, margarine, jelly 1 cup skim milk	3 oz fish ½ cup mashed potatoes ½ cup cooked green beans 1 slice white bread, butter, jelly ½ cup applesauce	3 oz pork chop 1 medium baked potato, no skin ½ cup cooked carrots ½ cup canned peaches ½ cup milk