

Improve Gut Health with a Low-Residue Diet

Manage conditions like diverticulitis and inflammatory bowel diseases effectively with a low-residue diet. This diet is often assigned to those dealing with Crohn's or Ulcerative Colitis and during flare-ups of IBD. It is designed to reduce stool movement and prevents blockage in the intestines.

Differentiating between a Low-Residue Diet and a Low-Fiber Diet

While they share similarities, a low-residue diet and a low-fiber diet are not exactly the same. Fiber is the undigested part of plant food that contributes to stool, while residue includes undigested fiber and other food materials that increase stool output. A low-residue diet is stricter than a low-fiber diet.

Choosing the right foods

With appropriate food choices, a low-residue diet can meet the Recommended Dietary Allowances (RDAs). However, long-term use may require multivitamins or mineral supplements to ensure sufficient intake of vitamin C and folic acid. Consult your doctor for personalized recommendations.

Variety without tiresome restrictions

Enjoy a diverse range of foods while following a low-residue diet. Avoid high-fiber and high-roughage foods, but ensure that fruits and vegetables are well-cooked. While milk may not have visible fiber, it does leave residue in the colon. Limit milk consumption to two cups per day.

If you have any questions, we're here to help!
Call our office to speak with a representative at **(715) 847-2558**.

Allowed

Drinks

Coffee, soda, buttermilk, milk (limit to 2 cups)

Breads

White, light rye, finely-milled whole wheat bread or rolls, saltines, cheese crackers, zwieback

Cereals

Cream of Wheat, Cream of Rice, oatmeal, Corn Flakes, Rice Krispies, Puffed Rice

Cheese

Cream cheese, cottage cheese, mild Swiss cheese, American or cheddar cheese when used in flavoring other foods only (such as noodle dishes)

Desserts

Plain milk puddings, custards and ice cream (must be included in 2 cup milk allowance), sherbet, plain cakes and pies, flavored gelatin (with fruit is fine), plain candy sugar and honey, clear jelly, syrup, marshmallows

Fats

No more than 3 servings per day

Mayonnaise, butter, cream in moderation, vegetable oils, shortening, crisp bacon

Fruit

Fruit juice, cooked or canned grapefruit or orange sections with no membrane, peeled and baked apples, applesauce, apricots, pears, peaches, cherries, banana, avocado

Meat & Eggs

Tender meats and poultry, fish that is fresh, frozen or canned

Nuts & Seeds

Smooth peanut butter ONLY

Potatoes & Starches

Potato without skin, sweet potato, yams, pasta, white rice, hominy grits

Soups

Cream Soups (from milk allowance) with allowed vegetables, broth soups

Vegetables

No more than 2 servings per day

Well-cooked asparagus, beets, carrots, spinach, chard leaves, green and wax beans, green peas, pumpkin, zucchini, summer and winter squash, tomato sauce and tomato paste, puree of lima beans, vegetable juice

Misc.

White sauce (from milk allowance), meat gravies, ketchup, mustard, cocoa, chocolate, salt, vinegar, lemon juice, ground spices and herbs in moderate amounts

Avoid

Breads

Breads, rolls or crackers with bran seeds or nuts, dates, donuts, graham crackers, pumpernickel bread, raisins

Cereals

Whole grain, dry wheat, oat or barley cereals

Cheese

Avoid any not expressly permitted

Desserts

Avoid any desserts made with nuts, coconut, seeds, berries and restricted fruits, jams, preserves or marmalade

Fats

Spicy salad dressings

Fruit

Prune juice may need to be avoided if it causes digestive upset, avoid any fruits not expressly permitted

Meat & Eggs

Tough, gristly, spiced or cured meats, frankfurters, luncheon meats, sausages, sardines, fried meats, fish, poultry

Nuts & Seeds

Avoid all

Potatoes & Starches

Brown and wild rice, fried potatoes

Soups

Highly seasoned soups

Vegetables

Avoid all not expressly permitted.

Misc.

Olives, pickles, popcorn, cayenne, chili powder, pepper, garlic and whole spices

