

# LOW-RESIDUE DIET

## DIET TIPS & GUIDANCE

A low-residue diet is designed to minimize the amount of undigested food (residue) that passes through your intestines. This approach reduces stool bulk and helps the digestive system rest and is often recommended for those dealing with:

- Crohn's disease
- Ulcerative colitis
- Diverticulitis
- IBD flare-ups
- Intestinal surgery recovery

Residue mainly comes from fiber, found in fruits, vegetables, whole grains and other foods containing tough, indigestible plant parts. A low-residue diet lowers fiber intake to help reduce strain on the digestive tract.

\*This diet is typically used for short-term management, so it's important to discuss it with your healthcare provider.



### DIFFERENCES BETWEEN A LOW-RESIDUE DIET AND A LOW-FIBER DIET

Low-Residue Diet	Low-Fiber Diet
Limits both fiber and other materials that increase stool output	Limits fiber, the undigested part of plant food that forms stool
<b>Goal:</b> Reduce stool output by avoiding fiber and other substances	<b>Goal:</b> Reduce fiber in the diet
More strict	Less strict
Includes undigested plant fibers and other food residues	Focuses only on undigested plant fibers

## HOW TO FOLLOW A LOW-RESIDUE DIET

- ▶ **Cook Your Foods Thoroughly**  
Steaming, boiling or baking helps make foods easier to digest. Avoid frying or preparing dishes with heavy spices that could cause irritation.
- ▶ **Stay Hydrated**  
Drink plenty of water to support your digestion and avoid dehydration, especially if you're consuming fewer fruits and vegetables.
- ▶ **Limit Milk Intake**  
While milk doesn't contain visible fiber, it can leave residue in the colon. To follow low-residue diet guidelines, keep milk consumption to no more than two cups per day.
- ▶ **Supplement Wisely**  
With proper 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 adequate levels of vitamin C and folic acid. Consult your doctor for personalized recommendations.

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# WHAT FOODS SUPPORT MY LOW-RESIDUE DIET?

Although a low-residue diet might appear limiting at first, it actually includes a wide variety of permissible foods.

## 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

### Fruit

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

### Meat & Eggs

Tender meats and poultry, fresh, frozen or canned fish, crisp bacon

### 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, whole spices

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