

Low Fiber, Low Residue Diet - UCSF

Nutrition and Dietetics

The purpose of the low fiber, low residue diet is to minimize stool output. Generally, these dietary guidelines are recommended for a limited amount of time. If you eat a variety of foods, the low fiber, low residue diet should be adequate in all essential nutrients. However, a vitamin/mineral supplement may be recommended if your diet does not include all of the food groups.

Dietary Guidelines

Food Group	Recommended Foods	May Cause Distress
Milk and Milk Products	Limit intake of milk and milk products to 2 cups per day.	
Fruits	Fruit juices without pulp, canned fruit, ripe bananas, applesauce.	Prunes and prune juice, fresh fruit such as apples, oranges, grapefruit, figs, pineapple, grapes, pears, peaches, dates, and all berries.
Vegetables	Vegetable juice without pulp, cooked asparagus, beans, green beans, spinach, seedless tomatoes, eggplant, and baked squash without seeds.	All raw vegetables, any vegetables with seeds, dried beans, peas, and corn.
Breads, Cereals and Starches	White breads and rolls, plain bagels, biscuits, white rice, pasta, tortillas, potatoes without skin, cream of wheat, instant oatmeal, cold cereals such as corn flakes, rice krispies, and cheerios.	Whole grain breads, rolls, and bagels, brown rice, bran cereals, and any baked product with nuts or seeds.
Meats and other Protein Foods	Ground or well-cooked meats including tender beef, lamb, ham, pork, poultry, organ meats and fish. Eggs and cheese.	Tough, fibrous meats with gristle.
Extras	Jellies without seeds, cookies without nuts, plain cake, plain donuts, and sherbet.	Popcorn, jams with seeds, nuts, seeds, coconut, crunchy peanut butter.

Some foods that you eat may not be on this list. If this is so, check with your doctor or Registered Dietitian before eating the food to be sure it is allowed on this diet.

A Sample Meal

Breakfast	Lunch	Dinner
Orange Juice without pulp (1/2 c.) Corn flakes (3/4 c.) Small ripe banana (1/2) Bread, white (2 slices) Margarine (2 tsp.) Jelly (1 Tbsp.) Milk 2% (1 c.) Coffee/tea	Tomato soup, Made with water (1 c.) Lean hamburger (3 oz.) Hamburger bun, white, without seeds (1) Mandarin oranges, canned (1/2 c.) Apple juice (1 c.) Condiments: mayonnaise, catsup, mustard Angel food cake	Tomato juice, strained (1/2 c.) Chicken breast, broiled (3 oz.) Potato, mashed (1/2 c.) Spinach, cooked (1 c.) Grapefruit sections, canned without membranes (1/2 c.) Bread, white (1 slice) Margarine (1 tsp.) Milk 2% (1 c.) Lemon ice (1 c.)

Reviewed by health care specialists at UCSF Medical Center.
 Last reviewed February 2011.