



Wake Forest University Baptist
MEDICAL CENTER[®]

Urology

Low Fiber and Residue Restricted Diet

The low fiber and residue restricted diet is used to temporarily reduce stool bulk and therefore relieve diarrhea and abdominal cramping. As symptoms disappear or as your physician advises, you may gradually add high fiber foods back into your diet.

	FOODS RECOMMENDED	FOODS NOT RECOMMENDED
Beverages	Coffee, Decaffeinated coffee Tea Carbonated Beverages Strained fruit juices (except prune)	Any juice containing pulp Prune juice
Potatoes, Rice and Pasta	Baked/boiled white and sweet potatoes without skin Mashed potatoes White pasta White rice	Fried potatoes Potato chips Potato skins Whole wheat pasta Brown rice, wild rice
Breads and Cereals	Refined (white) breads and crackers Saltines Melba toast Rusks Zwieback Rolls Biscuits Bagels Hot dog and hamburger buns Muffins Pancakes, Waffles French Toast Hot and cold cereals made from refined wheat, rice, or corn	Breads, crackers and cereals containing whole wheat, bran, cornmeal, oatmeal, graham flour, rye flour, granola, seeds, nuts, coconut, dried fruit and raisins, Corn chips
Fruits	Ripe bananas Ripe avocados Applesauce Cooked fruit (remove skins and seeds before cooking)	Raw fruit (except bananas and avocados) Dried fruit Canned/cooked fruit with tough fibers, seeds, skins, such as pineapple, berries, and plums
Vegetables Vegetable juice	Vegetable juice Raw lettuce Canned or cooked vegetables	Highly spiced vegetable juice Most raw and fried vegetables (except lettuce)

	(remove the skins and seeds before cooking): beets, carrots, summer squash, spinach, green beans, asparagus tips, seedless tomatoes	Broccoli Corn Green peas Winter squash Cauliflower Brussel sprouts Cabbage Sauerkraut
Meats Meat alternatives	All tender cooked meat, fish, and poultry Eggs Bacon	Tough, fibrous meats and shellfish Fried, smoked, and highly seasoned meats Sausage Dried beans, peas, lentils Tofu Peanut butter
Dairy Products	Plain Cheese Cottage cheese Smooth yogurt Milk Hot chocolate <i>(Limit milk products to 2 cups per day)</i>	Cheeses with seeds, nuts and strong spices Yogurt with berries, nuts, and coconut More than 2 cups milk per day
Soups	Cream soups using milk allowance and broth-based soups made from foods allowed	Fatty, highly seasoned soups Any soup made from foods not allowed
Desserts	Plain cakes Cookies Pies Gelatin, custard, puddings Fruit ices, popsicles, sherbet Plain chocolate Marshmallows <i>(Count ice cream and frozen yogurt as part of the 2 cups per day milk allowance)</i>	Graham cracker crusts High-fat pastries, Fried donuts Any desserts containing nuts, coconut, seeds, skins, berries, dried fruit, raisins and jam
Fats	Butter, margarine Vegetable oils Mayonnaise Mild salad dressings and gravies in moderation Cream, sour cream, half-n-half <i>(no more than ½ cup daily)</i>	Fried foods Highly seasoned gravies Highly seasoned salad dressings with whole herbs, whole spices, seeds, pickles, and raw vegetables
Miscellaneous	Salt Finely ground herbs and mild spices in moderation Sugar Honey	Pepper Coarsely ground or whole herbs and spices Chili powder Mustard

	Jelly Syrup Catsup Vinegar	Tobasco Horseradish Pickels, Relishes Popcorn Olives Nuts, Seeds Coconut, jam, marmalade
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SAMPLE MENU FOR LOW FIBER/LOW RESIDUE DIET

BREAKFAST	LUNCH	DINNER
½ cup strained orange juice ¾ cup cornflakes 1 egg 2 slices bacon 1 slice white toast 1 teaspoon margarine Jelly 1 cup 2% milk Coffee Sugar	3 oz. roast pork ½ cup mashed potatoes 1/3 cup green beans 1 piece angel food cake 1 slice white bread 1 teaspoon margarine 1 cup 2% milk Iced Tea Sugar	½ cup bouillon 3 oz. broiled chicken ½ cup buttered rice 1/3 cup carrots ½ cup fruit cocktail 1 slice white bread 1 teaspoon margarine Iced Tea Sugar

Calories: 1833
 Protein: 94 grams (21% of total calories)
 Fat: 68 grams (33% of total calories)

