



Low Residue Diet

- The purpose of a low residue diet is to reduce the amount of coarse particles in your stool. This will help to prevent blockages that **may** occur after bowel surgery or with other medical conditions.
- You may be asked to follow a low residue diet if you have:
 - € an ileostomy
 - € a colostomy
 - € a narrowed bowel (from adhesions or stricture)
 - € another medical condition _____
- The length of time you need to follow a low residue diet will vary depending on the surgery or condition you have. Please follow this diet for:

- In general, a low residue diet avoids seeds and skins, whole grain products and stringy foods.
- Always try to eat slowly and **chew your food very well** to help with digestion.
- When it is time to add foods back into your diet, introduce fibrous foods in small amounts, one at a time, gradually increasing your intake.
- **An intestinal blockage** may occur when your stoma is healing or if your bowel is narrowed. It is important to be aware of the symptoms and inform your doctor if you are having any of the following:
 - Abdominal cramping and bloating
 - Nausea and vomiting
 - Little or no bowel movements
 - If you have an ostomy you may have excessive watery output, no ostomy output or a swollen/tender stoma
- Please contact your Dietitian if you have any questions or concerns:

Name: _____

Number: _____

| Food Group | Foods Recommended | Foods to Avoid |
|-----------------------|--|--|
| Milk and Alternatives | Milk and milk beverages All cheeses Cream soups (without problem vegetables) Yogurt, sherbet, ice creams | Yogurt and ice cream containing nuts, seeds or fruits with seeds (e.g. strawberry, raspberry, blueberry and cherry) |
| Grain Products | All made from white refined flours without nuts, seeds, or dried fruit. Breads: plain, white or rolls Crackers: soda, melba toast, rusks or similar Cereals: plain refined cereals, Rice Krispies®, Special K®, Corn Flakes®, puffed rice, cream of rice, cream of wheat, oatmeal Pasta & Rice: plain refined noodles, white rice, barley | Whole grain flours and baked products with nuts, seeds or dried fruit Breads: rolls, crackers or cookies containing nuts, seeds or dried fruit Cereals: bran, whole grain cereals, granola, steel cut oats, cereals with nuts or dried fruit. Pasta & Rice: Whole grain pasta, millet, quinoa, brown and wild rice |
| Meat and Alternatives | All meat, fish, poultry, cheese and eggs Shrimp, lobster, crab and other shell fish Tofu Eggs Well pureed hummus Smooth nut butter spreads (e.g. peanut butter, almond butter) | Legumes (lentils, dried beans, peas, soybeans) Nuts and seeds Processed meats with casings or skins (e.g. sausage, deli-made wieners) Chunky nut butter spreads |
| Fruits | Fruit juice: all except prune Canned fruit: pears, peaches, mandarin oranges, apricots Whole fruit without skin, seeds or membranes: apple, pear, banana, apple sauce apricots, cantaloupe, honeydew melon, grapefruit, peaches, nectarines, mango, plums, watermelon, oranges, papayas | Fruit juice: prune juice Dried fruit: prunes, raisins, dates, figs, apricots, currants etc. Whole fruit with skins or seeds: blackberries, blueberries, cherries, cranberries, raspberries, strawberries, grapes, kiwi, pineapple, rhubarb, fruit cocktail |
| Vegetables | Well cooked vegetables without skins or seeds: carrots, potatoes, parsnip, squash, beets and beet greens, green or wax beans, broccoli tips, cauliflower, asparagus tips, eggplant, pumpkin, rutabagas, turnip, tomato sauce, tomato paste, all vegetable juices Canned vegetables: all but corn or mushrooms Other: tomatoes cucumbers without skin and seeds, bottled and roasted red peppers | All raw vegetables and stringy vegetables such as: celery, brussel sprouts, cabbage, corn, mushrooms, onions, okra, peas, radish, sauerkraut, spinach, swiss chard, salads, Chinese vegetables (e.g. bok choy, bamboo shoots), fiddleheads, coleslaw Canned vegetables: corn and mushrooms |

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| Soups | Broth or cream soups with the allowed vegetables listed | Dry vegetable type soups |
| Fats and Oils | All oils, butter, margarine, cream cheese and mayonnaise | Nuts, seeds, coconut |
| Desserts and Snacks | Plain candies, chocolate without nuts or dried fruit, seedless jam and jelly, honey, syrup Baked goods made with allowed ingredients e.g. plain cookies, donuts, cheesecake, puddings, jello, mousse Chips, pretzels and cheesies | Candies or chocolate made with nuts or dried fruits, jam and marmalade with seeds or peels Baked goods with nuts, seeds, dried fruit or with strawberry, blueberry, raspberry, or cherry filling Popcorn, corn chips |
| Other | Condiments such as mustard, ketchup, barbeque sauce, ground powdered spices, vinegar Beverages: tea, coffee, Ovaltine, Postum | Relish, olives, pickles, coconut, whole spices |

Sources:

- Dietitians of Canada: PEN topic Low Fibre
- University of Virginia Digestive Health Center: Low Fibre Diet
- Hamilton Health Sciences Patient Education
- University of Pittsburgh Medical Center
- American Dietetic Association, Manual of Clinical Dietetics 6th Ed. 2000