

Residue Restricted Diet Instructions

Purpose

The residue restricted diet provides food low in fiber which will result in a small amount of fecal material in the lower bowel. This diet is used prior to surgery of the gastrointestinal tract. It may also be used following gastrointestinal surgery. For a more restricted residue diet, a clear liquid diet can be served for a short duration. Dietary fibers that are restricted include hemicellulose, pectin substances, mucilage, lignin and cellulose.

Diet Principles

- This diet includes foods which are not stimulating to the lower gastrointestinal tract and are almost completely digestible, in order to reduce (not eliminate) the residue in the colon.
- Hot and cold foods are eaten slowly.
- Milk and milk products are limited to 2 cups daily. For a greater restriction of residue in the colon, milk should be eliminated.
- Fruits and vegetables that contain 2.0 grams or less of dietary fiber per 100 grams edible food are allowed in controlled amounts.
- Digestibility of fiber is not appreciably altered by reducing particle size through pureeing or blending.
- Prune juice may need to be limited due to its laxative effect.

Adequacy

The low residue diet contains foods which will meet the Recommended Dietary Allowances. If milk is eliminated from the diet, calcium and the B complex vitamins will be inadequate. The diet listed in the meal plan contains the approximate nutritive values:

Calories 2740
Protein 92 gm
Fat 110 gm
Carbohydrates 345 gm
Fiber, dietary 12 gm

Suggested Meal Plan

BREAKFAST	SERVING
Fruit or Juice	½ cup
Cereal	½ cup to ¾ cup
Breakfast entrée	1
Bread/Rolls	2
Margarine	2 tsp
Jelly	1tbsp
Milk, 2%	1 cup
Coffee or Tea	1
Sugar	1 tbsp
Salt	1 packet

LUNCH	SERVING
Soup/juice/salad	½ c to 1 cup
Lunch Entree	1
Starch	½ cup
Bread/rolls/crackers	2
Margarine	1 tsp
Milk, 2%	1 cup
Coffee or tea	1
Sugar	2 tsp
Salt	1 packet

DINNER	SERVING
Soup/juice/salad	½ c to 1 cup
Dinner Entree	1
Starch	½ cup
Vegetable	½ cup
Bread/rolls/crackers	2
Margarine	1 tsp
Dessert/fruit/gelatin	1
Coffee or tea	1
Sugar	2 tsp
Salt	1 packet

FOOD	ALLOWED	NOT ALLOWED
Beverages	Carbonated beverage, coffee, tea, milk (2 cups daily including that used in cooking)	Milk beverages in excess of 2 cups daily
Breads	Enriched white bread, seedless rye, cornbread, rusk, saltines, soda crackers, Zwieback, pancakes, muffins, waffles, French toast, donuts	Whole grain breads, graham crackers, breads containing nuts, seeds or bran
Cereals	Cooked refined cereals, strained oatmeal; dry prepared cereal from corn, oat or rice	Whole grain cereals
Cheese	American processed, mild cheddar, cottage, cream. Plain yogurt or fruited yogurt with allowed fruits as part of milk allowance. Tofu	Cheese with herbs, seeds or spices
Desserts	Cakes, cookies, gelatin, sherbets, fruit whip. Custard, ice cream and puddings prepared from milk allowance. Whipped toppings	Desserts prepared with coconut, fruits, nuts or spices
Eggs	Soft scrambled or friend, poached, boiled, soufflé, omelet	None
Fats	Butter, cream, cream substitutes, margarine, mayonnaise, gravies, vegetable oils, crisp bacon, plain salad dressings	Fried foods
Fruits	Ripe bananas, grapefruit; baked apple (without skin); cooked or canned fruits without seeds; white grapes, cherries, pineapple, plums, applesauce, peaches, apricots, mandarin oranges; jellied cranberry sauce; all fruit juices	All other fruits
Meats, fish and poultry	Baked, broiled, creamed or stewed: very tender beef, chicken, lamb, liver, fish, sweetbreads, tuna, turkey, salmon, veal, lean pork, crisp bacon, canned ham, shellfish	Tough meats with gristle, smoked meats or fish, corned beef, frankfurters, luncheon meats, sausage
Potatoes and substitutes	White potatoes: boiled, baked, creamed, escalloped, mashed; grits, macaroni noodles, rice, spaghetti; strained sweet potato i.e. commercial baby food	Potato skins, sweet potato unless strained. Brown or whole grain rice, wild rice
Salads	Gelatin; fruits and vegetables, prepared from allowed foods	All others
Soups	Broth, bouillon soups, cream soups prepared from milk and vegetable allowance	Highly seasoned soups
Sweets	Sugar, clear jelly, honey, syrup, hard candies, milk chocolate, gumdrops, marshmallows	Candies made with coconut, dried fruit or nuts
Vegetables	Fresh, cooked, canned or frozen vegetables: cauliflower, lettuce, celery, beets, asparagus tips, wax or green beans, acorn squash, tomatoes, vegetable juices	All other vegetables, dried beans, peas and legumes
Miscellaneous	Salt, cream sauce, catsup, flavoring extracts, lemon juice, paprika, vinegar. Smooth peanut butter, chocolate, cocoa. Mild herbs and spices.	Pepper, mustard, nuts, olives, pickles, popcorn, raisins, spices and other herbs; seeds, i.e. sesame, caraway, celery, poppy