Guide

Low Residue Diet
Name:

Date:

Dietician:

Phone no.

Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.

Clinical Nutrition
Nutrition Services
The Ottawa Hospital

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Nutritional Care

The purpose of the following guidelines is to help control and/or prevent obstructions. It can also help control the frequency of your bowel movements to a certain extent.

General Guidelines

1. Follow Canada’s Food Guide to Healthy Eating.
2. Eat slowly, take small bites and chew foods well.
3. Remove all skins, seeds and membranes of fruits and vegetables.
4. Select foods which are low in fiber (also called residue or roughage).
5. You may want to choose foods rich in soluble fiber or foods which have “binding” properties in order to have better formed stools (see foods with symbol *).
6. Seasonings and spices should be used as tolerated.
Food Groups

A. Fruits

You may eat:

• peeled cherries, grapes, peaches
• canned fruit
• tangerine and mandarine sections
• seedless melon, mango
• canned pumpkin

• peeled pears*, apples*, plums*, apricots*
• banana*
• grapefruit* and orange* sections
• applesauce*

You should avoid:

• all dried fruits
• all berries (blueberry, strawberry, cranberry, raspberry, blackberry)
• fresh pineapple
• rhubarb
• candied fruit and peel
• prunes
• prune juice

*Foods rich in soluble fiber or foods which have “binding properties”.
B. Vegetables

You may eat:

All permitted vegetables should be cooked

- green and yellow beans
- finely chopped celery
- parsnips
- tomatoes (no skin, no seeds)
- cauliflower (may be gassy)

- avocado*
- beets*
- squash*
- onions* (may be gassy)
- asparagus tips*
- finely chopped green and red peppers*
- carrots*, turnips*
- potatoes* and sweet
- potatoes* (no skin)
- peeled and seeded
- zucchini* and cucumber*

You should avoid:

All raw vegetables

- cabbage, coleslaw, Brussel sprouts, broccoli
- mushrooms, corn, green peas and snow peas
- lettuce, celery, radishes
- green leafy vegetables, spinach, chard, Chinese greens, bean sprouts
- eggplant
- sauerkraut

* Foods rich in soluble fiber or foods which have “binding properties”.
C. Breads, Cereals and Other Grain Products

You may eat:

• white bread and buns
• soda crackers, melba toast
• pancakes, waffles, plain muffins, English muffins, croissants, crumpets
• cereals such as: cream of wheat, refined cereals, Puffed Wheat®, Puffed Rice®, pretzels, croutons
• angel food cake, poundcake, cornmeal cake or bread
• short bread, arrowroot and sugar cookies, social teas, digestives
• tortilla

You should avoid:

• whole grain flours and products with nuts, seeds and dried fruit
• whole wheat and whole grain breads
• whole wheat pasta
• brown and wild rice
• whole grain cereals such as: All Bran®, 100% Bran®, Shredded Wheat®, Bran Flakes®, Raisin Bran®, Red River®, granola
• bran muffins
• taco shells
• wheat germ

• barley*, rice*, pasta*
• rolled oats*, oat bran*
• tapioca*
• corn starch*, tapioca starch*, arrowroot*

* Foods rich in soluble fiber or foods which have “binding properties”.
D. Meat and Alternates

You may eat:

- all meat, fish and poultry
- eggs in any form
- smooth peanut butter*
- sesame seed butter* (tahini)
- pureed bean dip* (re: humus, refried beans) (may be gassy)

You should avoid:

- tough, stringy meat
- skin of chicken, sausages, and wiener
- legumes such as lentils, dried beans, dried peas, soya beans
- nuts, almonds, peanuts, seeds (sesame, sunflower, poppy)
- crunchy peanut butter
- coconut

E. Milk and Milk Products

You may eat/drink:

- all milk and milk drinks, buttermilk
- all cheeses
- puddings, custard, junket
- yogurt (no nuts or seeds)
- cream soups
- cream, sour cream
- ice cream (no nuts or seeds)

You should avoid:

- all others containing nuts, seeds, candied fruit and peel, dried fruit, coconut

Comments: This food group may cause you some difficulty, ie: bloating, abdominal cramps, diarrhea. If you are lactose intolerant, the use of an enzyme (Lactaid) may be necessary.

* Foods rich in soluble fiber or foods which have “binding properties”.
F. Miscellaneous

You may eat:
• jello, sherbet
• jelly, honey, syrups, sugar (white or brown)
• toffee, hard candies
• butter, margarine, mayonnaise
• mustard, ketchup, soya sauce
• cheezies, potato chips
• soups of all kind except vegetable and pea

You should avoid:
• pickles, relish, black and green olives
• popcorn
• highly seasoned and spicy foods
• jams, marmelade
• candies containing nuts, seeds, dried fruit or coconut
• corn chips

G. Others

If you are experiencing problems with gastrointestinal discomfort, limit the following:
• sugarless gum (contains sugars sorbitol and mannitol)
• tea, coffee
• cocoa, chocolate
• alcoholic beverages
• carbonated beverages
• spicy foods
• citrus foods and their juices
• very hot liquids
• deep fried or fatty foods

* Foods rich in soluble fiber or foods which have “binding properties”.