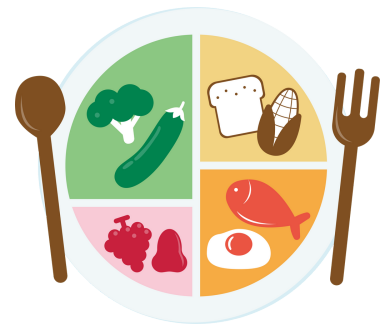


Low Residue Diet

The purpose of the low fiber, low residue diet is to reduce bowel volume and frequency, giving your intestines a chance to rest and heal. Fiber comes from plant foods and adds bulk to stool. A low-fiber diet (less than 13g of fiber daily or <2g/serving) limits high-fiber foods to reduce bowel movements and irritation. Fiber can also naturally slow stomach emptying and be difficult to digest. It is generally recommended for people with:

- Inflammatory bowel disease (IBD) flare-ups
- Crohn's disease or ulcerative colitis
- Diverticulitis (acute phase)
- Bowel obstruction or narrowing (strictures)
- After bowel surgery or before a colonoscopy
- To reduce diarrhea or abdominal cramping



Tips

- Eat small, frequent meals throughout the day.
- Chew foods thoroughly to make digestion easier.
- Avoid foods that make you gassy or bloated.
- Fruits and vegetables can be better tolerated when cooked, blended, or thick skins are peeled off.
- Reintroduce fiber slowly once your healthcare provider says it's safe.
- Drink plenty of fluids (8–10 cups/day) to help prevent constipation.

Recommended Foods

Breads and Grains	White bread, rolls, bagels, biscuits, English muffins, and plain crackers Refined (not whole grain) cereals: Cream of Wheat, Rice Krispies White rice, refined pasta, plain noodles
Milk and Dairy	Limit to 2 cups per day Milk (skim or 2% milk), lactose-free milk, or plant-based alternatives Yogurt without fruit pieces, custard, pudding, or hard cheeses
Vegetables	Well-cooked, tender vegetables such as: • Green beans • Spinach • Carrots • Pumpkin • Zucchini • Squash without seeds • Potatoes without skin • Seedless tomatoes Vegetable juice without pulp 
Fruits	Fruit juices without pulp Canned or cooked fruits without skins or seeds (peaches, pears, mandarin oranges) Ripe bananas, applesauce, melons
Protein	Tender, well-cooked meats (lean), poultry, fish, eggs Smooth nut butters (Limit to 2 Tbsp per day) Tofu

Foods to Avoid

- Whole-grains, bagels, brown rice, bran cereals, and baked goods with nuts or seeds
- Raw fruits, fruit skins, and fruits with membranes (apples, oranges, grapefruit, figs, pineapples, grapes, pears, peaches, dates, berries)
- Prunes and prune juice
- Raw vegetables, vegetables with seeds (such as corn, peas), and dried beans or lentils
- Broccoli, cauliflower, cabbage, Brussel sprouts, and kale
- Tough meats, sausage, nuts, seeds, and coconut
- Fried or greasy foods, spicy foods, caffeine, alcohol, and carbonated beverages

Sample 1-Day Meal Plan



Breakfast: 1 cup Cream of Wheat, 1 slice white toast, 1 ripe banana

Snack: 1 cup low-fat Greek yogurt (no fruit pieces), ½ cup applesauce

Lunch: ½ cup white rice, 4oz of baked chicken breast, ½ cup cooked carrots

Snack: Saltine crackers with smooth peanut butter or 1oz cheddar cheese

Dinner: 4oz Baked fish, ½ cup mashed potatoes (no skin), ½ cup zucchini or squash (peeled), 1 slice white toast