

## LOW FIBER – LOW RESIDUE DIET

### Modification Defined

The low fiber diet follows the normal dietary pattern except for the omission of high fiber foods. Dietary fiber is defined as skins, seeds, structural parts of plants and connective tissue fibers of meats. Cellulose, hemicellulose, lignin, pectin, and inulin are not hydrolyzed by enzymes in the human digestive tract.

### Treatment and Rationale

The low fiber diet is often prescribed in the treatment of diarrhea, colitis, gastrointestinal disturbances, radium implant, and pre- and post- operative periods for surgery of the large bowel. The purpose of the diet is to reduce the fiber content in stool formation and to lessen the irritation and stimulation effect on the large bowel.

### Special Considerations

The low fiber diet, as with any special modification diet, should be individualized around the food tolerances and special needs of each patient placed on the diet.

### Adequacy of Diet

The diet provides the nutrients of the Recommended Dietary Allowance for healthy adults.

### Helpful Hints

1. Special food products are not necessary when preparing this diet.
2. Select tender, young vegetables because fiber increases with age of product.
3. Make a distinction between whole grain and whole wheat products. Whole grains are less desirable because they contain the entire grain kernel and bran layer. Read the ingredient labels of products when making your selections.
4. For more information about diets visit the American Dietetic Association's website at [www.eatright.org](http://www.eatright.org).

If you have been told that irritability, spasm or diverticulosis is a problem with your colon, the following food and drink items tend to stimulate the intestinal tracts: NUTS, POPCORN, EXCESSIVE SEEDS, COCONUT, CHOCOLATE, STRONG TEA, COFFEE, CARBONATED BEVERAGES (especially cola drinks), and FRESH CORN.

### References

- 1) Adams, C.F.: Nutrition Value of American Foods in Common Units, Agriculture Handbook No. 456, U.S. Dept. of Agriculture, Washington, D.C.: U.S. Govt. Printing Office, 1978
- 2) American Dietetic Association: Handbook of Clinical Dietetics. New Haven: Yale Univ. Press, 1981.
- 3) Mendeldorf, A.I., Connell, A.M. and Kritchensky, D.: Fiber. Columbus, OH: Ross Laboratories, 1978.
- 4) Pennington, H. and Church, H.: Food Values of Portions Commonly Used. Philadelphia: J.B. Lippincott Co., 1980.
- 5) Robinson, C.H., and Lawler, M.R.: Norman and Therapeutic Nutrition. 15<sup>th</sup> ed. New Your: MacMillan Publishing Co., 1977.

## LOW FIBER FOOD DIET LIST

<b>FOOD GROUP</b>	<b>USE</b>	<b>AVOID</b>
<b>MILK</b> 2 cups or more per day	Milk, ice cream, cheese (except as noted), other products made from whole or skimmed milk	Cheese made with peppers or seeds
<b>MEAT</b> 2-3 oz. servings or equivalent each day	Eggs, beef, poultry, lamb, organ meats, pork, veal, fish, smooth peanut butter	Crunchy peanut butter, nuts, dried peas and beans
<b>FRUITS &amp; VEGETABLES</b> 2 or more servings of vegetables each day to include dark green or deep yellow vegetables 3 to 4 times per week. 2 servings of fruit each day to include 1 serving of high Vitamin C source such as citrus fruits	Most fruits and vegetables are suitable. Fruit and vegetables are suitable (except as noted). Canned fruits and vegetables tend to be lower fiber. Refer to “avoid” list for high fiber fruits and vegetables	High fiber fruits and vegetables containing seeds, skins, peels. Examples include: artichoke, lima beans, parsnips, green peas, chili peppers, potato skin, dried fruits (such as figs, currants, prunes, and dates), guava, berries, coconut. Prunes and prune juice should be avoided for their laxative effect
<b>GRAIN</b> 4 or more servings each day	Refined breads, cereals and flours, refined rice, pastas	Whole grain breads, cereals and flours, brown rice, bread or cereal containing fruit, seeds, or nuts, popcorn
<b>MISCELLANEOUS:</b> <b>FATS</b> – as desired <b>DESSERTS</b> – as desired <b>SWEETS</b> – in moderation <b>BEVERAGES</b> – as desired	Most are suitable	Nuts and products made from nuts. Any dessert or candy containing high fiber foods such as nuts, seeds, coconut, berries and dried fruits.

\* By carefully selecting and eating a wide variety of foods, the nutrients essential for good health can be obtained.