



Low-Fiber/Low-Residue Diet

A low-fiber/low-residue diet is for people who need to rest their digestive system (gastrointestinal tract). A low-fiber/low-residue diet limits the amount of food waste that has to move through the large intestine. In addition to limiting foods high in fiber, it may be necessary to limit foods that cause residue such as milk and milk products. Low-fiber/low residue diet helps to resolve symptoms of conditions such as:

- Diarrhea
- Abdominal cramping
- Bowel obstruction
- Slow Transit constipation
- Gastroparesis
- Other gastrointestinal distress

Gastroparesis-

Gastroparesis, also called delayed gastric emptying, is a disorder that slows or stops the movement

Following the diet temporarily, helps to improve symptoms and make eating more enjoyable. After your symptoms have resolved, you will **gradually** introduce high fiber and residue-causing foods back into your diet. If you follow this diet for more than two (2) weeks, **it is recommended that you take a daily multivitamin with minerals.** Please contact your doctor or dietitian if needed.

What Are The Guidelines Of The Low Fiber/Low Residue Diet?

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals, purchase products made from refined white flour.
- Do not eat raw fruits or vegetables and remove skins before cooking.

- Limit milk and milk products to 2 cups per day. Use lactose-free products if you are lactose intolerant.
- Limit foods high in fat.

Breads, Cereals, Rice and Pasta	Foods Recommended	Foods to Avoid
6-11 servings each day Serving Size = 1 slice bread, 1 cup cooked cereal, rice or pasta	-enriched white bread, rolls, biscuits, muffins, crackers -French toast, pancakes, and waffles -refined cold cereals: puffed rice, puffed wheat, corn flakes -cooked cereals: cream of wheat, grits, farina -white rice, pasta and cooked potatoes with no skin	-bread products made with whole-grain flour, bran, seeds, nuts, fruit, corn bread and graham crackers -potatoes with skin, brown rice, wild rice and buckwheat -whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut or dried fruit

Fruit	Foods Recommended	Foods to Avoid
2-4 servings each day Serving size = ½ Cup canned fruit, 1 medium-sized piece of fresh fruit	-canned or cooked fruits -strained fruit juice -ripe bananas -soft melon	-raw or dried fruit -all berries -prune juice

Milk and Dairy Products	Foods Recommended	Foods to Avoid
2 servings each day Serving size = 1 Cup milk or yogurt, 1 ½ ounces cheese	-milk, yogurt, custard and ice cream -cheese and cottage cheese	-yogurt with nuts or seeds

Vegetables	Foods Recommended	Foods to Avoid
3-5 servings each day Serving size = ½ cup cooked vegetables	-most well-cooked and canned vegetables without seeds -lettuce if tolerated -strained vegetable juice	-raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas -broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans, corn

Meats, Poultry, Fish, Dry Beans, Peas, and Eggs	Foods Recommended	Foods to Avoid
2-3 servings Serving size = 2-3 ounces cooked meat, 1 egg, ½ Cup beans or 2 tablespoons peanut butter	-ground, well-cooked/tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats -eggs	-tough, fibrous meats with gristle -dry beans, peas, and lentils -peanut butter

Fats, Snacks, Sweets, Condiments, and Beverages	Foods Recommended	Foods to Avoid
	<ul style="list-style-type: none"> -margarine, butter, oils, mayonnaise, sour cream, salad dressing, plain gravies -sugar, clear jelly, honey and syrup -spices, cooked herbs, bouillon, broth, and soups made with recommended foods -coffee, tea, and carbonated beverages -plain cakes and cookies -gelatin, plain puddings, custard, ice cream, sherbet, popsicles -hard candy -pretzels 	<ul style="list-style-type: none"> -nuts, seeds, coconut -jam, marmalade, and preserves -pickles, olives, relish and horseradish -all desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran -candy made with nuts or seeds -popcorn

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Terri O'Neill RN, BSN
Reviewers: Betty Hmay RN, BSN

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 10/2015