



## Guidelines for a Temporary Low Fiber (Low Residue / Soft) Diet

This diet is for temporary use for three to four days after certain tests and biopsies.

- If you have questions about the diet, call the Nutrition Counseling Center at 734-936-7527.
- If you have questions about test results or health problems, please refer to the contacts listed below:

<b>Division of Colon and Rectal Surgery</b>		
Dr. Morris/Dr. Huang	734-647-9710	or Physicians Assistant 734-763-9241
Dr. Burney/Dr. Finlayson	734-936-6025	or Physicians Assistant 734-763-9641
<b>Urology/Gynecology</b>		
Dr. Fenner/Dr. Delancy/ Dr. Morgan	734-763-6295	or Nurse 734-763-6295
<b>MBCP Nurses</b>	734-615-7380 or 1-877-Go Bowel	
<b>24 hour On Call Resident</b>	(GSE or Urology-Gynecology)	734-936-6266

### Diet Content

FOOD GROUP	ALLOWED FOODS	NOTES
Milk and Dairy Products	Cheese, including cottage cheese and cream cheese. Yogurt, without seeds or skins.	Limit milk to 2 cups per day. 1 cup of yogurt or 1 oz of cheese or 1 cup of ice cream equals 1 cup of milk.
Meat and Meat Substitutes	Meat, fish, poultry, and eggs.	Avoid all nuts, peanut butter, legumes, and gristle in meat.
Fruit	Juices: All except prune. Fresh and canned: Remove skins/peels, seeds, and membranes.	Avoid prune juice, dried fruits, fruits with skins/peels or seeds or membranes, all berries except mulberries.
Vegetables	Raw: Celery, cucumber (peeled and seeded), green pepper (seeded), lettuce, radish, onion, tomato (peeled and seeded), asparagus (soft tips), cauliflower, potato (peeled), pumpkin.	Avoid any vegetables not on the 'Allowed Foods' list.
Bread and Cereal Products	All products made from finely milled grains (including barley, corn, oats, rice, rye, and wheat). Products include bread, macaroni, noodles, rice, and spaghetti.	Avoid brown or wild rice, whole grains, bran, high fiber bread and cereal products. <b>READ THE LABELS.</b>

<b>FOOD GROUP</b>	<b>ALLOWED FOODS</b>	<b>NOTES</b>
Fats	All	Take in moderation.
Desserts and Sweets	Plain candy, cake, pie, jello, sherbet, jelly, syrups.	Avoid all desserts and sweets with seeds, skins, and nuts.
Miscellaneous	All beverages, finely ground herbs and spices, all condiments, gravy, sauces, sweet pickles, and potato chips.	Avoid coconut, olives, and popcorn.

Note: If diet is recommended for longer than 1 week, please contact Nutrition Counseling Center for a more detailed Low Fiber Diet at (734) 936-7527.

### **Sample Menu**

#### Breakfast

Orange juice or banana  
 Cornflakes or Cream of Rice  
 Toast or English Muffin  
 Margarine, Jelly  
 Coffee

#### Lunch

Turkey Sandwich with lettuce and mayo  
 Vegetable juice  
 Canned Peaches  
 Tea

#### Dinner

Fish or Meat  
 Mashed Potatoes or White Rice  
 Cooked Asparagus tips  
 Applesauce  
 Milk

#### Snacks

Carbonated Beverage  
 Plain Candies  
 Jello, Sherbet