



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:

Division of Colon and Rectal Surgery		
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
Urology/Gynecology		
Dr. Fenner/Dr. Delancy/ Dr. Morgan	734-763-6295	or Nurse 734-763-6295
MBCP Nurses		734-615-7380 or 1-877-Go Bowel
24 hour On Call Resident	(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. READ THE LABELS.

FOOD GROUP	ALLOWED FOODS	NOTES
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