

This diet is used in the treatment of diarrhea, ulcerative colitis, and other gastro-intestinal disturbances and during the post operative period following surgery on the lower bowel.

The diet provides foods that will reduce (not eliminate) the residue in the lower bowel. The diet contains from 2-3 gms. fiber. Indigestible carbohydrates are reduced by using tender cooked or pureed vegetables and ripe, canned or cooked fruits without seeds or skin. Whole cooked tender meats are used. Milk is limited to two cups a day including that used in cooking.

<b>Approximate composition of low residue diet if suggested meal pattern is followed:</b>			
<i>Protein</i>	<i>Fat</i>	<i>CHO (Carbohydrates)</i>	<i>Calories</i>
89 gms.	62 gms.	279 gms.	2030

*This diet does not meet the recommended dietary allowances of the National Research Council in Magnesium, Thiamin, and Vitamin D.*

<b>SUGGESTED MEAL PATTERN</b>		
<b>Breakfast</b>	Fruit or Juice	½ cup
	Egg	1
	Cereal	½ cup
	Bread	1 slice
	Margarine	1 teaspoon
	Jelly	1 Tablespoon
	Bacon	2 strips
	Beverage	1 cup
<b>Lunch and Dinner</b>	Meat or Substitute	2-3 ounces
	Potato or Substitute	½ cup
	Vegetable	½ cup
	Dessert	½ cup
	Bread	1 slice
	Margarine	1 teaspoon
	Beverage	1 cup

<b>LOW RESIDUE DIET, FOODS ALLOWED / NOT ALLOWED</b>		
<b>Items</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<i><b>Milk &amp; Milk Products</b></i>	Limit to 2 cups of milk a day (including that used in cooking). Cottage cheese, cream cheese, American cheese, farmer's cheese, mild cheddar cheese, swiss cheese.	All other cheese.
<i><b>Meat, Poultry, Fish &amp; Alternatives</b></i>	Tender Baked, broiled, roasted or stewed beef, chicken, fish, lamb, liver, pork, turkey, veal, shellfish, eggs.	Fried or fatty meats, fish, poultry, raw clams or oysters; highly seasoned foods, nuts.
<i><b>Vegetables</b></i>	Vegetable juices, tender cooked asparagus tips, carrots, green or wax beans, beets, mushrooms, pumpkin, whipped winter squash, pureé of all vegetables.	Raw vegetables; all other cooked vegetables.
<i><b>Fruits</b></i>	All fruit juices; avocado, ripe banana, orange and grapefruit sections without membrane, canned applesauce, peeled apricots, Royal Ann cherries, peaches, pears, baked apple without skin; all pureed fruits.	All others.
<i><b>Potatoes or Substitutes</b></i>	White potatoes that are baked (without skin), boiled, creamed, au gratin, escaloped (made with milk allowance), whipped; sweet potatoes, whipped; macaroni, noodles, white rice, plain spaghetti.	Fried potatoes, whole grain rice.
<i><b>Bread, Cereal &amp; Flour</b></i>	Enriched white, saltine, or soda crackers; plain rolls, muffins or biscuits, rusk; melba toast; zwieback; cooked refined wheat, corn, or rice cereals; quick cooking oatmeal; prepared cereals made from corn, rice or oats.	Breads and crackers containing whole grains, bran or seeds; whole grain cereals, bran, shredded wheat.
<i><b>Fats</b></i>	Butter, margarine, cooking fats; vegetable oils, crisp bacon; cream or half and half is limited to ¼ cup a day. Clear mild salad dressing.	All others.
<i><b>Soups</b></i>	Broth, bouillon, cream soups made from milk allowance, vegetable soup made with allowed vegetables.	All others.
<i><b>Desserts</b></i>	Plain cakes and cookies; allowed fruits; fruit whips; gelatin, plain puddings, ice cream, sherbet made from milk allowances; water ice.	All foods containing coconut, seeds, skins; pies.
<i><b>Sweets</b></i>	Candy, honey, jelly, sugar, syrup, molasses.	Candies containing fruits, nuts or coconut, marmalade.
<i><b>Beverages</b></i>	Coffee, tea, decaffeinated coffee, carbonated beverages.	None.
<i><b>Miscellaneous &amp; Seasonings</b></i>	White sauce, mild catsup, gravy, vinegar, smooth peanut butter, salt, pepper if tolerated, mild spices and herbs in moderation.	Chili sauce, horseradish, olives, pickles, relish, popcorn, potato chips, highly seasoned catsup, mustard, garlic.