

LOW RESIDUE DIET

Description: The Low Residue Diet is the same as the soft diet with the added limitation of milk to one pint. It provides foods that are easily digestible. It is often used as a transition diet from liquids to the general diet. Indigestible fiber is reduced by using tender cooked vegetables and ripe, canned or cooked fruits from which the tough skins and seeds have been removed. Tender meat or meat made tender in the cooking process is used, thus reducing the amount of connective tissue.

Adequacy: By following the recommended guidelines, the diet will be adequate according to the Recommended Daily Allowance.

Note: For patients with dentures this diet can be modified by the substitution of ground meat for whole meat and excluding all raw vegetables. Personal tolerances determines food choices; avoid foods that cause GI (gastrointestinal) distress prior to the admission even though that food may be on the “foods included” list.

Food Guidelines

Milk and Dairy Group

Recommended servings: Limited to two servings daily. (One serving = 1 cup milk, ½ cup pudding, custard, or ice cream).

Foods included:

Skim, nonfat milk, lowfat (2%) or whole milk
Nonfat dry milk
Evaporated skim milk
Plain yogurt
Puddings made with allowed milk
Ice milk (soft or hard)
Frozen or fruited yogurts made with allowed milks and other products
Cream cheese

Foods excluded:

None

Fruit and Fruit Juices Group

Recommended servings: Two to four servings daily. (One serving = ½ cup canned fruit or ½ cup juice). Include one citrus choice daily.

Foods included:

All fruit juices
Raw, ripe banana
Orange and grapefruit sections (no membrane)
Ripe, peeled peach or pear
Cooked or canned cherries, applesauce, peaches and pears
Plums, apricots, melon, fruit cocktail, figs and baked apple

Foods excluded:

All other raw fruits
All fruits with small seeds
All fruits with tough skins

Vegetable and Vegetable Juice Group

Recommended servings: Two to four servings daily. (One serving = ½ cup cooked or 4 ounces vegetable juice).

Foods included:

All vegetable juices
Raw lettuce only
Any tender cooked or canned vegetable except lima beans and corn

Food excluded:

All other vegetables
Whole lima beans and corn

Breads, Cereals, and Starch Foods

Recommended servings: Four or more servings daily. (One serving = 1 slice bread or ½ cup cooked pasta or rice, six (6) crackers or 1 cup dry cereal).

Foods included:

Bread: enriched white, refined whole wheat or rye bread
Saltine and graham crackers
Plain donuts, breakfast pastries
Cereals: Refined, cooked and prepared cereals (corn, oats, rice, wheat)
Pasta, spaghetti, macaroni, rice, noodles, hominy, white or sweet potatoes

Food excluded:

Bread: course whole grain breads with seeds, nuts, or raisins
Crackers with seeds or spices
Cereals: whole grain cooked and prepared cereals
Pastries, pies or any desserts containing nuts, coconut, dried fruit or fruits with small seeds
Popcorn

Meat, Poultry, Seafood, and Cheese Group

Recommended servings: 6 ounces cooked weight daily

Foods included:

Baked, broiled, roasted, creamed, or stewed tender beef, lamb, veal, liver, chicken, turkey
Lean roast pork
Crisp bacon
All canned, fresh or frozen fish and seafood
Cottage cheese, cream cheese and mild processed cheese
Baked, creamed, poached, soft or hard cooked and scrambled eggs

Food excluded:

Fried, highly seasoned or pickled meat, fish or poultry
Strong flavored cheese
Fried eggs

Soups Group

Foods included:

Broth-based and cream soups made from foods allowed. (cream soups may be made from milk, but be included in the milk restriction).

Food excluded:

Fatty or highly spiced soups

Fat Group

Recommended servings: Five fat servings daily. One serving = 1 tsp. margarine, 2 tsp. diet margarine, 1 tsp. vegetable oil, 1 tsp. mayonnaise, 2 tsp. light mayonnaise, 1 Tbls. regular salad dressing, 1 tsp. olive oil.

Foods included:

Butter, margarine, diet margarine
Mayonnaise, light mayonnaise
Cream, non-dairy creamer
Salad dressings
Vegetable shortening, cooking oil and mildly seasoned salad dressings

Foods excluded:

Fried food
High-fat gravy
Spicy salad dressings

Sweets/Desserts

Foods included:

Carbonated beverages, coffee, tea, fruit punch, lemonade
Hard candies
Sugar, sugar substitute
Clear jelly, fruit butters, honey

Food excluded:

Jams, marmalade
Cakes, cookies and candies that contain tough skins, seeds, nuts, coconut, dried fruit or fruits with small seeds

Sweets made with allowed ingredients

Chocolate candy in moderation

Smooth ice cream, cooked puddings (ice cream and pudding containing milk must be included in the milk restriction)

Popsicles, sherbet, water ice, jello, fruit whips, cake cookies

Miscellaneous Group

Foods included:

Salt, pepper, cinnamon, allspice, mild flavorings

Vinegar

Cocoa

Smooth peanut butter

Cream sauce, Au jus

Mustard, catsup

Food excluded:

Horseradish

Nuts, coconut

Relish

Olives

Popcorn