



# Low Roughage Diet

## What is roughage?

Roughage is the part of food that is not fully digested as it passes through the bowel. Roughage is found in some, but not all, foods. Roughage is sometimes confused with fiber. Fiber is important for digestive health. Some fiber has roughage, but not all fiber contains roughage.

## Should I follow a low roughage diet?

A low roughage diet is recommended when you have an area of stricturing (narrowing) in your intestine (bowel). The goal of a low roughage diet is to reduce the risk of developing a blockage that can happen if you eat foods that are not able to pass through the narrowed area.

## General diet guidelines and tips:

A balanced diet includes fiber-rich foods (but low roughage foods). Fiber plays an important role in your diet, and a low roughage diet is not necessarily the same thing as a low fiber diet. You can have any raw or cooked fruits or vegetables that are mashed well (applesauce or mashed potato consistency), blended to a liquid consistency (smoothie), or finely shredded (carrots, leafy green vegetables). While following this diet, make sure to chew foods well.

	<b>Foods not recommended</b>	<b>Foods recommended</b>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>- Fruits with an edible tough peel (apples, persimmons)</li> <li>- Grapes or blueberries, if eaten whole</li> <li>- Stringy raw fruits (rhubarb, pineapple)</li> <li>- Thick membranes of citrus fruits (oranges, grapefruits, lemons, limes, kumquats)</li> <li>- Large seeds of fruits (watermelon)</li> <li>- Dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>- Fruits with a tough peel if peeled before eating (apples, persimmons)</li> <li>- Grapes or blueberries, if chewed well or cut into smaller pieces before eating</li> <li>- Rhubarb, if cooked very soft</li> <li>- Citrus fruits with thin membranes, if chewed well, or if thick membranes are removed before eating</li> <li>- All other types</li> </ul>
<b>Veggies</b>	<ul style="list-style-type: none"> <li>- Vegetables with tough skin (cucumbers, zucchini), if skin is eaten</li> </ul>	<ul style="list-style-type: none"> <li>- Vegetables with tough skin if peeled before eating (cucumbers, zucchini)</li> </ul>

	<b>Foods not recommended</b>	<b>Foods recommended</b>
	<ul style="list-style-type: none"> <li>- Whole raw carrots, artichokes, cabbage, and Brussels sprouts</li> <li>- Whole kernel corn</li> <li>- Peas, legumes, lentils, and lima beans that are hard and eaten whole</li> <li>- Stringy raw vegetables (celery, stalks of broccoli or cauliflower)</li> <li>- Raw leafy green vegetables</li> <li>- Vegetables with pits or large seeds (olive pits, large cucumber seeds, okra seeds)</li> </ul>	<ul style="list-style-type: none"> <li>- Finely grated or soft cooked carrots, artichokes, cabbage, and Brussels sprouts</li> <li>- Peas, legumes, lentils, and lima beans, if cooked very soft and chopped/mashed or chewed well</li> <li>- Stringy raw vegetables (celery, stalks of broccoli or cauliflower), if cooked to very soft</li> <li>- Leafy green vegetables, if cooked or finely chopped</li> <li>- Vegetables with pits or large seeds (olive pits, large cucumber seeds, okra seeds), if pits or large seeds are removed before eating</li> <li>- All other types</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>- Breads and cereals with large whole seeds, grains, or nuts</li> <li>- Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>- Breads and cereals with small seeds (sesame, poppy, chia)</li> <li>- All other types</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>- Chunky nut butters</li> <li>- Meats with gristle</li> <li>- Fish with bones (sardines, salmon)</li> <li>- Peas, legumes, lentils, and lima beans that are hard and eaten whole</li> </ul>	<ul style="list-style-type: none"> <li>- Smooth nut butters</li> <li>- Ground meats or meats that are moist and cooked soft</li> <li>- Any soft, moist fish with bones removed</li> <li>- Peas, legumes, lentils, and lima beans, if cooked very soft and chopped/mashed</li> <li>- All other types</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>- Yogurt with large whole seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>- All other types</li> </ul>

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