

A low-fiber/low-residue diet is for people who need to rest their digestive system (gastrointestinal tract). A low-fiber/low-residue diet limits the amount of food waste that has to move through the large intestine. In addition to limiting foods high in fiber, it may be necessary to limit foods that cause residue such as milk and milk products. Low-fiber/low residue diet helps to resolve symptoms of conditions such as:

- Diarrhea
- Abdominal cramping
- Bowel obstruction
- Slow Transit constipation
- Gastroparesis
- Other gastrointestinal distress

Gastroparesis- Gastroparesis, also called delayed gastric emptying, is a disorder that slows or stops the movement of food from the stomach to the small intestine.

Following the diet temporarily helps to improve symptoms and make eating more enjoyable. After your symptoms have resolved, you will **gradually** reintroduce high fiber and residue-causing foods back into your diet. If you follow this diet for more than two (2) weeks, **it is recommended that you take a daily multivitamin with minerals.** Please contact your doctor or dietitian if needed.

What are the guidelines of the low fiber/low residue diet?

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals, purchase products made from refined white flour.

- Do not eat raw fruits or vegetables and remove skins before cooking.
- Limit milk and milk products to 2 cups per day. Use lactose-free products if you are lactose intolerant.
- Limit foods high in fat.
- Try to get 6-11 servings each day of breads, cereals, rice and pasta
 - Serving Size = 1 slice bread, 1 cup cooked cereal, rice or pasta

Foods recommended:

- enriched white bread, rolls, biscuits, muffins, crackers
- French toast, pancakes, and waffles
- refined cold cereals: puffed rice, puffed wheat, corn flakes
- cooked cereals: cream of wheat, grits, farina
- white rice, pasta and cooked potatoes with no skin

Foods to avoid:

- bread products made with whole-grain flour, bran, seeds, nuts, fruit, corn bread and graham crackers
- potatoes with skin, brown rice, wild rice and buckwheat
- whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut or dried fruit

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