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Low Residue Low Fiber Diet

A low fiber diet should contain selections from all major food groups. The diet can provide adequate calorie intake and all essential nutrients. If the diet must be followed for a long period of time, a multivitamin supplement may be needed. The intake of calcium and magnesium may need to be supplemented as well.

What is Dietary Fiber

Fiber is plant material that passes through the digestive tract undigested. By absorbing water, fiber adds bulk and softens bowel movements. Fiber improves the wave-like contractions of the colon, called peristalsis. By adding bulk to stools, the diameter of the colon is increased. This relaxes the colon, relieving the spasms that are responsible for Irritable Bowel Syndrome and Diverticulosis. Some forms of fiber dissolve in water and are called soluble. Oats, barley, peas, beans, and citrus fruits are high insoluble fiber. Whole bran and some vegetables are sources of insoluble fiber. A balanced diet should contain both soluble and insoluble fiber.

Foods not Recommended:

Vegetables: juices with pulp
raw vegetables except lettuce
cooked vegetables that are not on the recommended list.

Fruits: fruit juices with pulp
fresh fruit except those on Recommended list
prunes and prune juice
dried fruit
jam
marmalade

Bread: whole grain
breads
cereals
rice
pasta
bran cereal
oatmeal

Protein Sources: chunky peanut butter
nuts
seeds
dried beans
dried peas

Desserts: desserts containing nuts or coconut
popcorn

Recommended foods:

the food	the amount	examples:
Milk and Dairy	2 cups or more servings/day	If you are intolerant to dairy, lactaid milk or lactaid pills can be used
Vegetables	3 or more servings a day	Lettuce, vegetables without pulp. any of the following vegetables cooked: yellow squash (without seeds) green beans wax beans spinach, pumpkin eggplant potatoes without skin asparagus beets carrots.
Fruit	2 or more servings a day	Juices without pulp canned fruit except pineapple ripe bananas melon
Breads	4 or more servings a day	bread and cereal made from refined flour white rice pasta
Meats	5 to 6 oz a day	meat poultry eggs seafood
Fat	depends on calorie needs	oils butter margarine
Desserts	depend on calorie needs	those not containing nuts or coconut