



Low Fiber Diet

Revised: 1/5/2018

- **Indication**

The Low Fiber Diet is often prescribed as a dietary treatment for Crohn’s disease, ulcerative colitis, acute diverticular disease, colostomy or ileostomy, and before or after lower bowel surgery. It contains a minimum amount of fiber and connective tissue.

The Low Residue Diet is designed to avoid mechanical irritation of the gastrointestinal tract and reduce absorbable residue in the colon. It may be useful for stenosis of the small intestine, and with minor modifications, pre- and post-operatively in surgery of the colon and during radiation therapy of the pelvic area.

The Low Fiber Diet and Low Residue Diet names can be used interchangeably, they essentially have the same meaning.

- **Description**

Foods included in the diet must be adjusted to meet the needs of each individual patient. A low fiber food is not necessarily low in residue. Foods can be listed in order of increasing residual output as follows: protein, fat, milk, digestible carbohydrate, and carbohydrate without digestible material. The total dietary fiber per day should not exceed 10 to 15 grams.

- **Nutrition Adequacy**

The low fiber and the low residue diets meet the Dietary Reference Intakes (DRI) for most nutrients.

Food Group	Foods Recommended
Milk and Milk Products	Milk or lactose-free milk Buttermilk and kefir Yogurt, lactose-free yogurt, or soy yogurt without nuts, fruit, or granola or chocolate mix-ins Mild cheese Cottage cheese or lactose-free cottage cheese Soy milk, rice milk, or almond milk (these are lactose free) Sherbet
Meat and Other Protein Foods	Tender, well-cooked beef, pork, poultry, or fish Eggs, cooked until yolk is solid Smooth nut butters (such as peanut, soy, almond, or sunflower) Tofu
Grains	Refined white flour products—for example, enriched white bread without seeds; pancakes/waffles; and crackers made with refined white flour Cream of wheat Grits (fine ground)

	flour
Vegetables	Canned and well-cooked vegetables without seeds, skins, or hulls Mashed potatoes Vegetable juice
Fruit	Canned, soft, and well-cooked fruits without skins, seeds, or membranes Fruit juice without pulp
Fats and Oils	Butter Oils Cream Cream cheese Margarine Mayonnaise
Other	Broth and strained soups made from allowed foods Desserts (small portions) without whole grains, seeds, nuts, raisins, or coconut

Food Group	Foods Not Recommended
Milk and Milk Products	Milk and foods made with milk, if you are lactose intolerant Yogurt with added fruit, nuts, or granola or chocolate mix-ins
Meat and Other Protein Sources	Tough meat, meat with gristle, or fatty meats Fried meat, poultry, or fish Luncheon meats such as bologna and salami Sausage, bacon, or hot dogs Dried beans, peas, or lentils Sushi Nuts Chunky nut butters
Grains	Whole wheat bread Brown rice, quinoa, kasha, barley Whole wheat pasta Whole grain and high-fiber cereals, including oatmeal or whole oats Popcorn
Vegetables	Raw or undercooked vegetables Alfalfa or bean sprouts Cooked greens or spinach High-fiber vegetables such as peas and corn Gas-forming vegetables, including: <ul style="list-style-type: none"> • Beets • Broccoli • Brussels sprouts

	<ul style="list-style-type: none"> • Lima beans • Mushrooms • Okra • Onions • Parsnips • Peppers • Potato skins
Fruits	<ul style="list-style-type: none"> Raw fruit Berries Dried fruit Fruit juice with pulp Prune juice Fruit skin

References:

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