

RESIDUE RESTRICTED AND FIBER RESTRICTED DIET

PURPOSE:

The residue restricted and fiber restricted diet limits foods which increase fecal volume and irritate the gastrointestinal tract. This diet is used for treating acute diverticulitis or acute Crohn's disease, and may also be used prior to or following gastrointestinal surgery. This diet is intended for transitional purposes and should be advanced under the advisement of the physician.

DIET PRINCIPLES:

1. This diet includes foods which are not stimulating to the lower gastrointestinal tract and are almost completely digestible in order to reduce (not eliminate) the residue in the colon.
2. Digestibility of fiber is not appreciably altered by reducing particle size through pureeing or blenderizing, therefore foods do not need to be altered.
3. Prune juice is limited due to its laxative effect.
4. Milk and foods containing milk and milk products such as ice cream, pudding, custard and cheeses are restricted only if lactose intolerance is present. These items are also marked with an asterisk (*).
5. Hot and cold foods should be eaten slowly.

ADEQUACY:

The residue restricted/fiber restricted diet contains foods which will meet the Recommended Dietary Allowances. If milk is eliminated from the diet, calcium and vitamin D will be inadequate. The diet listed in the meal plan contains the approximate nutritive values:

Calories	2100
Protein	77g
Fat	74g
Carbohydrate	270g
Fiber, dietary	<12g
*Sodium	4100g

*Sodium value includes 1200 mg sodium from use of one salt packet at each meal.

This diet is to be followed only by patients under the supervision of Dr. Fox, Dr. Fried and Dr. Kripke of Surgical Specialists, P.C. and is not meant to be construed or distributed as public information.

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SUGGESTED MEAL PLAN

	Serving
Breakfast:	
Fruit/juice (no pulp)	½ cup to 1 cup
Cereal	½ cup to ¾ cup
Breakfast Entrée	1
Bread/rolls	1
Margarine	1 tsp
Jelly	1 TBSP
Milk 2%	1 cup
Coffee or tea	1 cup
Sugar	1 TBSP
Salt	1 packet
Lunch:	
Soup/juice	½ cup to 1 cup
Lunch Entrée	1
Starch	½ cup
Vegetable	½ cup strained juices
Bread/roll/crackers	2
Margarine	1 tsp
Dessert	1
Milk 2%	1 cup
Coffee/tea	1 cup
Sugar	2 tsp
Salt	1 packet
Dinner:	
Soup	½ cup to 1 cup
Dinner Entrée	1
Starch	½ cup
Vegetable	½ cup strained juices
Bread/roll/crackers	2
Margarine	1 tsp
Dessert/fruit/gelatin	1
Coffee/tea	1 cup
Sugar	2 tsp
Salt	1 packet

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FOODS	CHOOSE	AVOID
Meat, Fish, Poultry, Cheese Nuts, Dry Beans and peas	Tender baked, broiled, boiled or roasted beef, lamb, liver, pork, veal or poultry Baked, broiled or steamed fish and Shellfish. Sweet breads, canned tuna Or salmon. Canned ham. *Mild Cheeses and *cottage cheese. Tofu.	Tough meats with gristle. Highly seasoned or fried meat, fish and poultry. Luncheon meats with peppercorns, seeds or casings. Pickled meats and fish. Spicy Cheeses and cheese with fruits, Vegetables, seeds or nuts. Peanut Butter. All nuts. Dried Canned or frozen peas, beans, Lentils, including chick peas, Baked beans, lima beans and Kidney beans.
Potatoes and Substitutes	Cooked white and sweet potatoes, Without skin. Refined macaroni, Noodles and other forms of pasta. White rice	Potatoes with skin. Brown Rice and wild rice. Whole grain macaroni, noodles and other forms of pasta.
Soups	Broths, Strained soups made with Allowed vegetables. Chicken Noodle and chicken rice soup. Bland, strained *cream soups such As mushroom, tomato and asparagus.	Highly seasoned soups, unless tolerated. Soups made with Vegetables not allowed.
Sweets	Sugar, syrup, honey. Clear jelly. Hard Candies, milk chocolate, gumdrops, Marshmallows.	Candies made with coconut, dried fruit or nuts. Jams and Preserves.
Vegetables:	All strained vegetable juices in small amounts.	All other vegetables.
Miscellaneous	Yogurt, plain or with allowed fruit. Salt and Ground pepper. Powdered herbs & Spices. *Cream sauce, catsup, Mustard. Flavoring extracts. Lemon juice, vinegar. Chocolate and Cocoa.	Yogurt containing ingredients not allowed. Olives, pickles. popcorn, raisins. Fresh herbs. Herbs and spices in seed form, such as celery seed. Sesame, Caraway and poppy seeds.

***Some patients cannot tolerate these foods.**

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Beverages	*Milk, lactose-reduced milk such as Lactaid. Coffee, decaff coffee, tea. Fruit flavored drinks. Carbonated drinks	Limit milk if not tolerated
Breads	Enriched white bread/toast, Melba toast Cornbread, Rusk, saltines, soda crackers, Zwieback, plain rolls, biscuits and bagels. Doughnuts. Plain muffins made without Whole grain flour and without nuts, seeds, Bran or fruits and vegetables not allowed	Whole wheat, cracked wheat, rye, pumpernickel and other whole grain breads, crackers and muffins and crackers containing nuts, seeds or bran.
Cereals	Cooked refined cereals such as Cream Of Wheat, Cream of rice, and grits. Dry Refined cold cereals from rice, corn, oats Oats or wheat such as Rice Chex, Corn Flakes, Rice Krispies, Special K, Puffed Rice and Puffed Wheat	Whole grain hot cereals such as oatmeal, Wheatena, and oat bran Whole grain cold cereals, such as Raisin Bran, Wheat Chex, Grape-Nuts, And Shredded Wheat. Any with seeds, nuts Coconut, or dried fruit. Read nutrition labels on Cereal boxes and avoid Products with more than Gram of fiber per serving
Desserts	cakes,cookies,gelatin,sherbert,fruit whip Custard*, Ice Cream*, puddings*, frozen Yogurt, whipped toppings.	Desserts prepared with coconut, nuts or fruits
Eggs	Soft scrambled or fried, poached,boiled. Soufflés. Omelets.	None
Fats	Butter, margarine, vegetable oils. *cream, Sour cream, cream substitutes. Mayonnaise Cream cheese. Gravies. Crisp Bacon. Mild Salad dressings.	Salad dressings with seeds. Spicy salad dressings.
Fruits	Strained fruit juices, except prune. Limit to 2 servings per day of strained fruit juice (no pulp)	No fresh, canned or dried fruit. No prune juice.

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