Athens Digestive Healthcare Associates

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Fiber is the part of fruits, vegetables and grains that are not digested by your body. A low-fiber diet limits these foods and, in doing so, limits the amount of undigested materials that pass through your large intestine and decreases the bulk of the stool. A low residue diet may be recommended during the flare-up periods of diverticulitis and inflammatory bowel disease (IBD, crohns, and ulcerative colitis). It may also be recommended as a preoperative and postoperative diet in order to decrease bowel volume. An intake of less than two (2) grams of fiber per day is generally considered a low residue/low fiber diet. Some low fiber foods, such as dairy and coffee can actually increase residue or stimulate bowel movements.

GRAIN PRODUCTS:

Enriched refined white bread, buns bagels, and English muffins

Plain cereals (Cheerios, cornflakes, cream of wheat rice krispies, and special k)

Arrowroot cookies, tea, biscuits, soda crackers, plain melba toast

White rice, refined pasta and noodles

Avoid whole grains

FRUITS:

Fruit juice, except prune juice

Applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, and watermelon

Avoid raw and dried fruits, raisins, and berries

VEGETABLES:

Vegetable juices, potatoes (no skin), well cooked and tinder vegetables, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, bell peppers, squash, and zucchini

Avoid broccoli, cauliflower, brussel sprouts, cabbage, and kale

MEAT AND PROTEIN:

Well cooked, tender meat, fish, and eggs

Avoid beans and lentils

FOODS TO AVOID

Whole grain breads and pastas, cornbread, and muffins

Strong cheeses

Raw vegetables, except lettuce and other leaves

Tough meat with gristle

Peanut butter

Millet, buckwheat, flax, and oatmeal

Dried beans

Chocolate with cocoa powder

Juices with pulp

Highly spiced foods and dressings

Caffeine

Popcorn