LOW RESIDUE DIET

Description: The Low Residue Diet is the same as the soft diet with the added limitation of milk to one pint. It provides foods that are easily digestible. It is often used as a transition diet from liquids to the general diet. Indigestible fiber is reduced by using tender cooked vegetables and ripe, canned or cooked fruits from which the tough skins and seeds have been removed. Tender meat or meat made tender in the cooking process is used, thus reducing the amount of connective tissue.

Adequacy: By following the recommended guidelines, the diet will be adequate according to the Recommended Daily Allowance.

Note: For patients with dentures this diet can be modified by the substitution of ground meat for whole meat and excluding all raw vegetables. Personal tolerances determines food choices; avoid foods that cause GI (gastrointestinal) distress prior to the admission even though that food may be on the “foods included” list.

Food Guidelines

Milk and Dairy Group
Recommended servings: Limited to two servings daily. (One serving = 1 cup milk, ½ cup pudding, custard, or ice cream).

Foods included:
- Skim, nonfat milk, lowfat (2%) or whole milk
- Nonfat dry milk
- Evaporated skim milk
- Plain yogurt
- Puddings made with allowed milk
- Ice milk (soft or hard)
- Frozen or fruited yogurts made with allowed milks and other products
- Cream cheese

Foods excluded:
- None

Fruit and Fruit Juices Group
Recommended servings: Two to four servings daily. (One serving = ½ cup canned fruit or ½ cup juice). Include one citrus choice daily.

Foods included:
- All fruit juices
- Raw, ripe banana
- Orange and grapefruit sections (no membrane)
- Ripe, peeled peach or pear
- Cooked or canned cherries, applesauce, peaches and pears
- Plums, apricots, melon, fruit cocktail, figs and baked apple

Foods excluded:
- All other raw fruits
- All fruits with small seeds
- All fruits with tough skins

Vegetable and Vegetable Juice Group
Recommended servings: Two to four servings daily. (One serving = ½ cup cooked or 4 ounces vegetable juice).

Foods included:
- All vegetable juices
- Raw lettuce only
- Any tender cooked or canned vegetable except lima beans and corn

Food excluded:
- All other vegetables
- Whole lima beans and corn
**Breads, Cereals, and Starch Foods**
Recommended servings: Four or more servings daily. (One serving = 1 slice bread or ½ cup cooked pasta or rice, six (6) crackers or 1 cup dry cereal).

**Foods included:**
- Bread: enriched white, refined whole wheat or rye bread
- Saltine and graham crackers
- Plain donuts, breakfast pastries
- Cereals: Refined, cooked and prepared cereals (corn, oats, rice, wheat)
- Pasta, spaghetti, macaroni, rice, noodles, hominy, white or sweet potatoes

**Food excluded:**
- Bread: course whole grain breads with seeds, nuts, or raisins
- Crackers with seeds or spices
- Cereals: whole grain cooked and prepared cereals
- Pastry, pies or any desserts containing nuts, coconut, dried fruit or fruits with small seeds
- Popcorn

**Meat, Poultry, Seafood, and Cheese Group**
Recommended servings: 6 ounces cooked weight daily

**Foods included:**
- Baked, broiled, roasted, creamed, or stewed tender beef, lamb, veal, liver, chicken, turkey
- Lean roast pork
- Crisp bacon
- All canned, fresh or frozen fish and seafood
- Cottage cheese, cream cheese and mild processed cheese
- Baked, creamed, poached, soft or hard cooked and scrambled eggs

**Food excluded:**
- Fried, highly seasoned or pickled meat, fish or poultry
- Strong flavored cheese
- Fried eggs

**Soups Group**

**Foods included:**
- Broth-based and cream soups made from foods allowed. (cream soups may be made from milk, but be included in the milk restriction).

**Food excluded:**
- Fatty or highly spiced soups

**Fat Group**
Recommended servings: Five fat servings daily. One serving = 1 tsp. margarine, 2 tsp. diet margarine, 1 tsp. vegetable oil, 1 tsp. mayonnaise, 2 tsp. light mayonnaise, 1 Tbls. regular salad dressing, 1 tsp. olive oil.

**Foods included:**
- Butter, margarine, diet margarine
- Mayonnaise, light mayonnaise
- Cream, non-dairy creamer
- Salad dressings
- Vegetable shortening, cooking oil and mildly seasoned salad dressings

**Food excluded:**
- Fried food
- High-fat gravy
- Spicy salad dressings

**Sweets/Desserts**

**Foods included:**
- Carbonated beverages, coffee, tea, fruit punch, lemonade
- Hard candies
- Sugar, sugar substitute
- Clear jelly, fruit butters, honey

**Food excluded:**
- Jams, marmalade
- Cakes, cookies and candies that contain tough skins, seeds, nuts, coconut, dried fruit or fruits with small seeds
Sweets made with allowed ingredients
Chocolate candy in moderation
Smooth ice cream, cooked puddings (ice cream and pudding containing milk must be included in the milk restriction)
Popsicles, sherbet, water ice, jello, fruit whips, cake cookies

**Miscellaneous Group**

<table>
<thead>
<tr>
<th>Foods included:</th>
<th>Food excluded:</th>
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<tbody>
<tr>
<td>Salt, pepper, cinnamon, allspice, mild flavorings</td>
<td>Horseradish</td>
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<tr>
<td>Vinegar</td>
<td>Nuts, coconut</td>
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<td>Cocoa</td>
<td>Relish</td>
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<tr>
<td>Smooth peanut butter</td>
<td>Olives</td>
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<tr>
<td>Cream sauce, Au jus</td>
<td>Popcorn</td>
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<tr>
<td>Mustard, catsup</td>
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