

# Gastroenterology and Internal Medicine Specialists, S.C.

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## LOW RESIDUE MEAL PLAN

A Low Residue Diet is designed to reduce the frequency and volume in fecal output and reduce the risk of further irritation to the bowel. This diet is used for patients with gastrointestinal disorders such as Crohn's Disease, Ulcerative Colitis and Diverticulitis.

1. Limit milk to 2 cups per day if there is no lactose intolerance.
2. Limit fruits to: juices without pulp, canned fruits and bananas. NO FRESH FRUIT.
3. Limit vegetables: vegetable juices without pulp, lettuce, cooked vegetables without seeds.
4. Use only white bread or refined cereals. No bran flakes, shredded wheat, wheat bread or rye bread.

### **AVOID:**

Raw fruits, raw vegetables, hull and fiber of green vegetables, dried beans, peas, corn, meats with tough fibers, salads, nuts, olives, popcorn, jam, marmalade, fried meats, pastries, fried/pickled/smoked or other highly seasoned foods, horseradish, curry, mustard, pepper, garlic, coffee and coconut.