



General Surgery

1825 Martha Berry Blvd. Rome, GA 30165

706-236-6328

RESIDUE RESTRICTED DIET

Purpose:

The residue restricted diet provides food low in fiber which will result in a small amount of fecal material in the lower bowel. This diet is used prior to surgery of the gastrointestinal tract. It may also be used following gastrointestinal surgery. For a more restricted residue diet, a clear liquid diet can be served for a short duration. Dietary fibers that are restricted include hemicellulose, pectin substances, mucilage, lignin and cellulose.

Diet Principles:

- 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.
- Hot and cold foods are eaten slowly.
- Milk and milk products are limited to 2 cups daily. For a greater restriction of residue in the colon, milk should be eliminated.
- Fruits and vegetables that contain 2.0 grams or less of dietary fiber per 100 grams edible food are allowed in controlled amounts.
- Digestibility of fiber is not appreciably altered by reducing particle size through pureeing or blenderizing.
- Prune juice may need to be limited due to its laxative effect.

Adequacy:

The low residue diet contains foods which will meet the Recommended Dietary Allowances. If milk is eliminated from the diet, calcium and the B complex vitamins will be inadequate. The diet listed in the meal plan contains the approximate nutritive values:

Calories	2740
Protein	92 gm
Fat	110 gm
Carbohydrate	345 gm
Fiber, dietary	12 gm



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RESIDUE RESTRICTED DIET (continued)

SUGGESTED MEAL PLAN

	Serving
Breakfast:	
Fruit or juice	1/2 C.
Cereal	1/2 C. to 3/4 C.
Breakfast entree	1
Bread/rolls	2
Margarine	2 tsp.
Jelly	1 Tbsp.
Milk, 2%	1 C.
Coffee or Tea	1
Sugar	1 Tbsp.
Salt	1 packet
Lunch:	
Soup/juice/salad	1/2 C. to 1 C.
Lunch entree	1
Starch	1/2 C.
Bread/rolls/crackers	2
Margarine	1 tsp.
Dessert/fruit/gelatin	1
Milk, 2%	1 C.
Coffee or Tea	1
Sugar	2 tsp.
Salt	1 packet
Dinner:	
Soup/juice/salad	1/2 C. to 1 C.
Dinner entree	1
Starch	1/2 C.
Vegetable	1/2 C.
Bread/rolls/crackers	2
Margarine	1 tsp.
Dessert/fruit/gelatin	1
Coffee or Tea	1
Sugar	2 tsp.
Salt	1 packet



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RESIDUE RESTRICTED DIET (continued)

Food	Allowed	Not Allowed
Beverages:	Carbonated beverage, coffee, tea, milk (2 cups daily including that used in cooking).	Milk beverages in excess of 2 cups daily.
Breads:	Enriched white bread, seedless rye, cornbread, rusk, saltines, soda crackers, Zwieback, pancakes, muffins, waffles, French toast, donuts.	Whole grain breads, graham crackers, breads containing nuts, seeds, or bran.
Cereals:	Cooked refined cereals, strained oatmeal; dry prepared cereal from corn, oat, or rice.	Whole grain cereals.
Cheese:	American processed, mild cheddar, cottage, cream. Plain yogurt or fruited yogurt with allowed fruits as part of milk allowance. Tofu.	Cheese with herbs, seeds, or spices.
Desserts:	Cakes, cookies, gelatin, sherbets, fruit whip, Custard, ice cream, and puddings prepared from milk allowance. Whipped toppings.	Desserts prepared with coconut, fruits, nuts, or spices.
Eggs:	Soft scrambled or fried, poached, boiled, souffle, omelet.	None.
Fats:	Butter, cream, cream substitutes, margarine, mayonnaise, gravies, vegetable oils, crisp bacon, plain salad dressings.	Fried foods.
Fruits:	Ripe bananas, grapefruit; baked apple (without skin); cooked or canned fruits without seeds: white grapes, cherries, pineapple, plums, applesauce, peaches, apricots, mandarin oranges; jellied cranberry sauce; all fruit juices.	All other fruits.



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RESIDUE RESTRICTED DIET (concluded)

Food	Allowed	Not Allowed
Meats, Fish, and Poultry:	Baked, broiled, creamed, or stewed: very tender beef, chicken, lamb, liver, fish, sweetbreads, tuna, turkey, salmon, veal, lean pork, crisp bacon, canned ham, shellfish.	Tough meats with gristle, smoked meats or fish, corned beef, frankfurters, luncheon meats, sausage.
Potatoes and Substitutes:	White potatoes: boiled, baked, creamed, escaloped, mashed; grits, macaroni, noodles, rice, spaghetti; strained sweet potatoe. i.e. commercial baby food.	Potato skins, sweet potato unless strained. Brown or whole grain rice, wild rice.
Salads:	Gelatin; fruits and vegetables prepared from allowed foods.	All others.
Soups:	Broth, bouillon soups, cream soups prepared from milk and vegetable allowance.	Highly seasoned soups.
Sweets:	Sugar, clear jelly, honey, syrup, hard candies, milk chocolate, gumdrops, marshmallows.	Candies made with coconut, dried fruit, or nuts.
Vegetables:	Fresh, cooked, canned, or frozen vegetables: cauliflower, lettuce, celery, beets, asparagus tips, wax or green beans, acorn squash, tomatoes, vegetable juices.	All other vegetables, dried beans, peas, and legumes.
Miscellaneous:	Salt, cream sauce, catsup, flavoring extracts, lemon juice, paprika, vinegar. Smooth peanut butter, chocolate, cocoa. Mild herbs and spices.	Pepper, mustard, nuts, olives, pickles, popcorn, raisins, spices, and other herbs, seeds; i.e. sesame, caraway, celery, poppy.