

Low Residue

A low-residue diet may be prescribed to reduce the size and number of stools, such as after gynecologic surgery or with inflammatory bowel disease. It may be used for a short time before transition to a low-fiber or regular diet.

The terms "fiber" and "residue" may be used interchangeably. But technically, they're not the same thing. Fiber is the undigested part of plants that remains in the intestinal tract and contributes to stool. Residue includes fiber and any other foods that may decrease stool output.

A low-residue diet is similar to- but more restrictive than a low-fiber diet. If you must stay on this diet for a long period, consult a registered dietitian to make sure your nutritional needs are being met.

Foods Allowed	Foods to Avoid
Refined breads, cereals, crackers, chips and pasta with less than 1 gram of fiber per serving (Note: Ideally, look for products with zero grams of dietary fiber per serving). White rice.	Whole-grain breads, cereals and pasta.
Vegetable juices without seeds or pulp.	Whole vegetables and vegetable sauces.
Fruit juices with no pulp.	Whole fruits, including canned fruits.
No more than 2 cups a day of milk, yogurt, pudding, cream-based soups and ice cream.	Yogurt, pudding, ice cream or cream-based soups with nuts or pieces of fruits or vegetables.
Tender meat, poultry, fish and eggs.	Tough or coarse meats with gristle and luncheon meats or cheese with seeds.
Oil, margarine, butter and mayonnaise.	Peanut butter.
Smooth salad dressings.	Salad dressings with seeds or pieces of fruits or vegetables.
Cream sauces	Seeds and nuts.
Broth-based soups and cream-based soups, strained	Coconut.
Jelly, honey and syrup	Marmalade.