



# Baylor Scott & White

## CENTER FOR ESOPHAGEAL DISEASES

*A member of HealthTexas Provider Network*

## Low-Residue/Low-Fiber Diet

A low-residue/low-fiber diet limits the amount of food waste that has to move through the large intestine.

### Points to Keep in Mind

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals. Purchase products made from refined flour.
- Do not eat raw fruits or vegetables. Remove skins before cooking.
- Limit milk and milk products to 2 cups a day. Use lactose-reduced milk or lactase enzymes if you are lactose intolerant.
- Limit fats since these can increase stool bulk.
- Avoid tough, fibrous meats with gristle.

Types of Foods	Foods to Choose	Foods to Avoid
<b>Breads, Cereals, Rice, and Pasta</b>	Enriched white bread, rolls, biscuits, and muffins Waffles, French toast, and pancakes White rice, noodles, pasta, and cooked potatoes (no skin) Plain crackers Cooked cereals: farina, cream of wheat, and grits Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K	Breads or rolls with nuts, seeds, or fruit Whole wheat, pumpernickel bread, and cornbread Potatoes with skin, brown or wild rice, and kasha (buckwheat) Whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut, or dried fruit
<b>Fruit</b>	Strained fruit juice Canned or cooked fruits without skins or seeds Ripe banana Soft cantaloupe and honeydew melon	Prunes and prune juice Raw or dried fruit All berries and raisins
<b>Milk and Dairy Products</b>	Milk, plain or flavored Yogurt, custard, and ice cream Cheese and cottage cheese	Yogurt with nuts or seeds



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### Vegetables

Strained vegetable juice  
 Well-cooked fresh or canned vegetables such as asparagus tips, beets, green beans, carrots, acorn squash (without seeds), pureed spinach, and tomato sauce  
 Lettuce, if tolerated.

Raw or partially cooked (steamed) vegetables  
 Vegetables with seeds  
 Sauerkraut  
 Cooked peas, winter squash, broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans and corn

<b>Meats, Poultry, Fish, Dry Beans, Peas, and Eggs</b>	Ground, well-cooked, tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats Eggs	Tough, fibrous meats with gristle Dry beans, peas, and lentils Peanut butter
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### Fats, Snacks, Sweets, Condiments and Beverages

(sparingly)

Margarine, butter, oils, mayonnaise, sour cream, and salad dressing  
 Plain gravies  
 Sugar, clear jelly, honey, and syrup  
 Spices, cooked herbs, bouillon, broth, and soups made with allowed ingredients  
 Coffee, tea, and carbonated drinks  
 Plain cakes and cookies  
 Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles  
 Hard candy  
 Pretzels

Nuts, seeds, and coconut  
 Jam, marmalade, and preserves  
 Pickles, olives, relish, and horseradish  
 All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran  
 Candy made with nuts or seeds  
 Popcorn