

## Residue Restricted Meal Plan

A residue restricted, or low fiber, meal plan has been prescribed by your physician to help your digestive system recuperate. Residue is the total amount of solids left in the intestines after digestion. High-fiber foods increase the amount of waste in the intestine. By limiting high fiber foods, the amount of waste can be reduced providing rest for the digestive tract. Fiber is found only in plant foods such as fruits and vegetables, whole grains products, legumes, nuts, and seeds. It is intended for short-term use only. The amount of fiber should not exceed 8 grams per day.

Food Group	Choose	Avoid
<b>Vegetables and legumes</b>	Canned vegetables and juices, asparagus, beets, green or waxed beans, pumpkin, mushrooms, spinach and winter squash	All other vegetables and all legumes (peas, beans and lentils). All raw vegetables. Baked beans.
<b>Fruits</b>	Canned fruits and juices, cooked apples without skin, applesauce, peeled apricots and peaches, citrus sections and banana	Dried prunes or prune juice and other fresh fruits
<b>Breads and cereals</b>	White, wheat, or rye bread without seeds. Plain rolls, muffins and coffee cake. Refined cooked cereal such as Cream of Wheat. Cold cereal such as Corn Flakes, Rice Krispies, Special "K", and Puffed Wheat or Rice. Plain crackers and pretzels, French toast, pancakes and waffles.	Whole grain breads, breads made with bran or breads containing nuts or seeds. Whole grain cereals containing nuts, seeds and dried fruits. Popcorn.
<b>Potato and other starches</b>	White or sweet potato, without skin. Noodles, rice, macaroni and other pasta	Highly seasoned pasta or potato dishes. Fried potato or fried rice. Potato chips.
<b>Soups</b>	Bouillon, broth, consommé, broth-based or creamed soups.	Highly seasoned soup, bean soups or lentil soup.

<b>Food Group</b>	<b>Choose</b>	<b>Avoid</b>
<b>Meat, fish, eggs and cheese</b>	Lean beef, lamb, pork and veal. Fish, shellfish and poultry without skin. Eggs, mild cheeses, cottage cheese and smooth peanut butter.	Highly seasoned or fried meat, fish, poultry or egg dishes. Smoked herring, cold cuts, hot dogs, sausages and strong flavored cheeses.
<b>Fats</b>	Use margarine, mayonnaise, oils, salad dressing and other toppings in moderation.	Fried foods, nuts and seeds
<b>Desserts</b>	Plain cakes and cookies, custard, ice cream, sherbet, plain pudding and gelatin. Homemade desserts made with allowed ingredients.	Any desserts containing nuts, seeds or dried fruits.
<b>Condiments</b>	Mild seasonings, gravy, cream sauces, jelly, syrup, honey, molasses, sugar, jellied cranberry sauce and vinegar.	Pepper, chili powder, jam, marmalade, olives, pickles, relishes, mustard, ketchup, horseradish, whole cranberry sauce.
<b>Beverages</b>	All allowed except prune juice	Prune juice. Limit milk and milk products to 2 cups or less per day.

## Sample Meal Plan

### Breakfast:

Orange juice  
Farina with milk  
Poached egg  
White toast  
w/margarine  
Coffee

### Lunch:

Chicken sandwich  
on white bread  
Applesauce  
Milk

### Dinner:

Lean roast beef  
Baked potato, no skin  
Winter squash  
Bread w/margarine  
Apple juice

### Snack:

Vanilla wafers  
Tea