

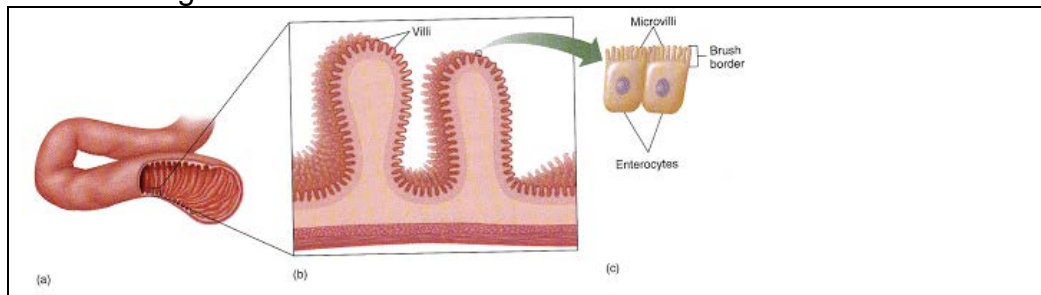
NORTHEASTERN GASTROENTEROLOGY ASSOCIATES

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Fiber Restricted / Low Residue Diet

A fiber restricted diet contains less than 13 gm of fiber per day. This is considerably less than the recommended daily fiber intake for the general population. This diet is often recommended for patients with a diagnosis of Crohn's disease, ulcerative colitis, or irritable bowel syndrome or for patients recovering from surgery on the gastrointestinal tract. This diet may also be recommended for a period of time after a colostomy or ileostomy. In Crohn's Disease and Ulcerative Colitis the lining of the small intestine (Crohn's Disease), large intestine (ulcerative colitis) becomes inflamed and affects the body's ability to digest food and absorb the nutrients and water.

View of lining of small intestine



- Food is broken down in the small intestine and absorbed by the lining of the small intestine. Food is then passed on into the large intestine.
- When the lining of the small intestine is inflamed, patients may experience lack of appetite, diarrhea and malnutrition.
- When undigested foods pass into the large intestine the ability to conserve water is affected and may result in severe diarrhea.
- Following the Fiber restricted/ low residue diet may decrease the volume and bulk of the stool and cause slower movement of foods through the intestines which may decrease diarrhea, abdominal pain, gas and bloating for some patients.



Tips for following a Fiber Restricted/ Low Residue Diet

- 1) Eat a small meal or snack every 3-4 hours.
- 2) Avoid acidic, spicy foods and fried and greasy foods.
- 3) You may need to limit foods and beverages that contain: sugar, lactose, fructose, high -fructose corn syrup, artificial sweeteners such as aspartame, sucralose or sorbitol, caffeine.
- 4) Avoid skins on fruits.
- 5) Avoid raw vegetables. Cook vegetable until they are soft.
- 6) These suggestions help most people with symptoms. However, if your symptoms get worse after eating specific foods on the list, you should stop eating them until you recover.

It is important to remember that your daily intake of food needs to include an adequate supply of calories, protein and nutrients. Eat from all the foods groups; Meat, fish, poultry and dairy products (if tolerated) are good sources of protein. Bread, cereal, starches, fruits, and vegetables are sources of carbohydrates. Olive and canola oil as well as butter are good sources of fat. A Fiber Restricted/ Low Residue diet may be inadequate in a number of nutrients because of the number of foods that are limited to reduce symptoms. A multi vitamin supplement may be recommended by your doctor.

Everyone is different. You should begin to make your own list of foods that cause symptoms to worsen.