

# GI Hub

## Low Residue Diet

### Avoid High-Fiber Foods:

1. Whole grains (e.g., brown rice, quinoa, whole wheat bread)
2. Nuts and seeds
3. Legumes (beans, lentils, chickpeas)
4. Raw fruits and vegetables, especially those with seeds or skins
5. Dried fruits

### Choose Low-Fiber Grains and Starches:

1. White bread, rolls, and crackers
2. White rice
3. Plain pasta and noodles
4. Refined cereals like cornflakes, puffed rice, or Cream of Wheat

### Select Lean Protein Sources:

1. Skinless poultry
2. Lean beef, pork, and fish
3. Eggs
4. Smooth nut butters (in small amounts)
5. Tofu (if tolerated)

### Include Cooked or Canned Vegetables:

1. Carrots, beets, and green beans (cooked until soft)
2. Potatoes (without skin)
3. Canned vegetables (without seeds or skins)

### Incorporate Low-Fiber Fruits:

1. Applesauce
2. Ripe bananas
3. Melons (like cantaloupe or honeydew)
4. Canned peaches or pears (without skins)

### Dairy:

1. Milk, if tolerated
2. Yogurt (without fruit or seeds)
3. Cheese
4. Cottage cheese

### **Limit Fatty and Fried Foods:**

1. Avoid fried foods, fatty meats, and heavy sauces, as they can be difficult to digest and increase residue.

### **Other Considerations:**

1. Drink plenty of fluids (water, broth, tea) to stay hydrated.
2. Avoid tough meats, popcorn, seeds, and spicy foods, which can irritate the gut.
3. Small, frequent meals may be easier to digest than large meals.

## **Sample Low-Residue Diet Menu:**

### **Breakfast:**

- Scrambled eggs
- White toast with a small amount of smooth peanut butter
- Applesauce
- Herbal tea

### **Lunch:**

- Grilled chicken breast
- White rice
- Cooked carrots
- Canned peaches (without skin)

### **Snack:**

- Yogurt (without seeds or fruit pieces)
- Saltine crackers

### **Dinner:**

- Baked fish
- Mashed potatoes (no skin)
- Cooked green beans
- Canned pears (without skin)

### **Evening Snack:**

- Cottage cheese
- Melon (like honeydew or cantaloupe)