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RESIDUE RESTRICTED DIET

The purpose of a residue restricted diet is to restrict cellulose to prevent stimulation of peristalsis and to avoid distention. It is indicated in the treatment of diarrhea, ulcerative colitis and intestinal obstruction and also preceding and following an operation on the colon or rectum.

The general rule is to limit the following foods in your diet to no more than one serving per day:

- Strained vegetable
- Strained fruit
- Citrus fruit juice
- Milk (one pint)

FOODS ALLOWED:

- **Milk:** Limit to one pint and a small amount in cooking.
- **Eggs:** All except fried.
- **Meat:** Tender or ground meat, poultry, liver and boneless fish.
- **Cheese:** Cottage, pot, cream, milk and American.
- **Potatoes:** White and strained sweet (no skin).
- **Vegetables:** Strained, cooked asparagus, beets, carrots, peas, spinach, string beans, wax beans and winter squash. Tomato juice.
- **Fruits:** Strained, cooked or canned applesauce, apricots, peaches, pears and plums. Ripe raw banana and avocado. All strained fruit juices except prune.
- **Breads:** Enriched white bread and roll.
- **Crackers:** Enriched, refined, strained whole grain cornflakes, rice krispies, puffed rice and rice flakes. Macaroni, noodles and rice.
- **Soups:** Strained cream soup and meat broth.
- **Fats:** Butter or fortified margarine, cream, cooking fats and vegetable oil. (no more than 1 tsp. per meal on strict low residue diet.)
- **Desserts:** Custard puddings, tapioca pudding, bread pudding, cornstarch pudding, gelatin, rice, junket, ices, sherbet, plain cake thinly iced, plain cookies and plain ice cream.
- **Sweets:** Moderate amounts, if tolerated, of sugar, honey, molasses, jelly, jam (not on non-roughage diet), syrup and hard candy.
- **Beverages:** Weak coffee, tea and cocoa.
- **Misc:** Salt.