

Low-Residue Diet

Patient name: _____ Admission: _____

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- I. **The client/caregiver can define a low residue diet and its uses.**
 - A. It is a diet restricted with residue and fiber. Residue is the solid material in the large intestine after the major digestion process.
 - B. Foods on a low-residue diet should be easily absorbed and digested (primarily in the small intestines).
 - C. It can be used
 1. As part of a bowel preparation prior to surgery
 2. For treatment of severe diarrhea
 3. As part of the progression of diets after bowel surgery
 4. In acute phases of inflammatory bowel disease
 - D. Low-residue diets should not be used long term.

- II. **The client/caregiver can list recommendations in each food group to use with a low-residue diet.**
 - A. Foods to use with low residue diet
 1. Breads and cereals—white bread, refined cereals (such as cream of wheat), crackers without whole grains or seeds, rice, noodles, and so forth
 2. Fruits—juices without pulp, ripe bananas, strained fruits, cooked or canned apples, peaches, or pears
 3. Vegetables—juice without pulp, lettuce, cooked or canned asparagus, beets, carrots, pumpkin, acorn squash, seedless tomatoes, and white or sweet potatoes without skins
 4. Meat, poultry, fish, eggs—lean tender meat without grease, ground or well-

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- cooked beef, lamb, ham, veal, pork, poultry, fish, and eggs (except fried eggs)
 5. Milk and milk products—limited as per order from physician

- III. **The client/caregiver can list foods to avoid or to decrease while on a low-residue diet.**
 - A. Foods to decrease or avoid using on a low-residue diet
 1. Whole-grain breads, breads with seeds, nuts or bran, whole grain rice, or pasta
 2. Fruits—prunes and prune juice and dried fruits
 3. Vegetables—dried peas and beans, potato skins or chips, and fried potatoes
 4. Meats—tough, fried or spiced meats, and fried eggs

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