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LOW RESIDUE DIET:

The LOW RESIDUE DIET is meant to reduce the quantity and frequency of bowel movements and is ideal for patients who would benefit from this after bowel surgery or an episode of bowel obstruction. Easy-to-digest diets are 'relaxing' to the bowel, making for less activity, less 'work' if you would, and this allows the intestinal tract to heal without disturbance.

So...this diet is not typically what is recommended as a healthy diet. It does not contain fresh fruits or vegetables (particularly, it does not contain the skins of fruits and vegetables).

Easy to digest items are ideal...and this would be epitomized by old-fashioned 'white bread' or WONDER BREAD.

The list below will give you a good general list to go by. We will also include sample meals.

BREADS AND GRAINS:

- Refined breads (Wonder Bread), toast, crackers (Saltines), Melba Toast
- Rice, Grits (well cooked), strained oatmeal, farina
- Cereals (Cornflakes, Rice Krispies, Cheerios)
- Refined pasta, macaroni, Raman Noodles

MILK/DAIRY:

- Mild, mild cheeses (American, mild cheddar), cottage cheese (but limit to 2 cups per day approximately)

MEATS:

- Well-cooked ground beef, fish, pork
- Bacon
- Eggs

FRUITS:

- Canned fruits, cooked vegetables (to tenderness), potatoes

SNACKS;

- Smooth peanut butter, butter, margarine, gravies
- Ketchup, salt, soy sauce
- Popsicles, sucking candies

LIQUIDS:

- Milk, decaffeinated coffee, tea, carbonated beverages (Sprite, 7-UP), clear fruit drinks (Cranberry, apple, white grape)

EXAMPLE MEALS:

BREAKFAST:

Cranberry Juice
 Corn Flakes with Sugar on top
 White toast with butter and jelly
 2% milk

Orange juice
 Scrambled eggs
 White toast
 Margarine
 Milk

LUNCH:

Hamburger patty with ketchup and mustard on plain white bread
 Canned fruit cocktail
 Sprite
 Vanilla wafers

Tomato soup
 1/2 tuna salad sandwich on white bread
 Fudge brownie
 Milk

DINNER:

White rice

Meatloaf

Cooked carrots

Pillsbury Croissants

Margarine

Sherbert

Baked chicken

Buttered noodles

Green beans

Butterscotch pudding

Water