

Low-Residue Diet

For reducing your risk
of a bowel obstruction

Name: _____

Surgery date (if applicable): _____

Duration of diet: _____

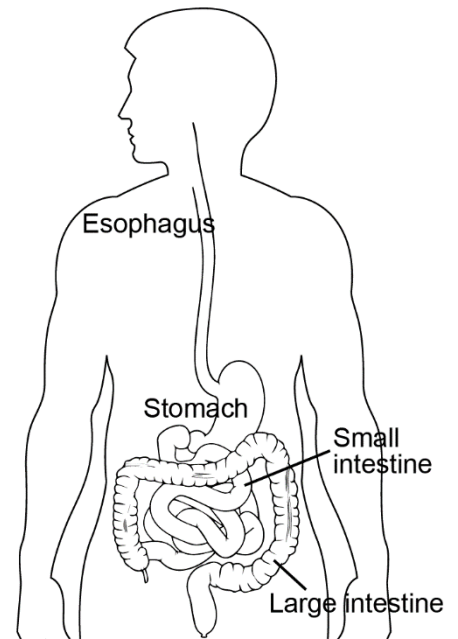
Dietitian: _____

Contact: _____

Your digestive tract

When you swallow food, it first goes to your stomach. It then goes to a long narrow tube called the small bowel (also called the small intestine). Most of the digestion happens here, and your food turns into liquid.

Next, the liquid enters your large bowel (also called the large intestine). The large bowel absorbs water and your food turns into bowel movements (poops).



Bowel obstruction

A bowel obstruction can happen when the small or large bowel becomes blocked. This happens when the bowel becomes too narrow due to swelling or inflammation, twisting, scar tissue, hernias, or tumours in the bowel. It can also happen when there are problems with the muscles or the blood flow of the bowel.

Signs of a bowel obstruction include belly pain and cramping, nausea, vomiting, and little or no bowel movements.

If you think you might have a bowel obstruction, contact your doctor right away, or go to the hospital emergency room.

Nutrition Tips

A low-residue diet is lower in foods that are hard to digest. The goal is to limit the amount of solid food waste that has to move through your bowel. This prevents food waste from getting stuck in your bowel.

How you eat, the size of food items, and the type of food you eat can help reduce your chance of a bowel obstruction.

How you eat

Eat small meals. Large meals can cause pain. Try to have 5 or 6 small meals rather than 3 large meals.

Eat only as much as you are comfortable eating. Do not force yourself to eat more.

The size and type of food

Cut up food into small pieces and chew it well.

Avoid skins of fruits and vegetables, and stringy foods. These foods take longer to digest and might still be solid as they move into your bowels. Do the following before eating:

- Remove skins from fruits and vegetables
- Cook vegetables
- Puree stringy fruits and vegetables

Avoid hard food and foods that are difficult to digest, such as popcorn, corn kernels, whole nuts, and large seeds. Eat smooth seed butter and nut butter instead. Be careful not to eat pits when eating foods like olives and cherries.





Mushrooms swell after you eat them and can be a problem. It is best not to eat mushrooms, but if you do, soak them and chop into small pieces before eating.

Avoid dried foods such as beef jerky and dried mango. These foods swell after eating.





Read the chart on the next page for more information on what foods are okay to eat and what foods you need to avoid.

Foods that are okay and foods to avoid










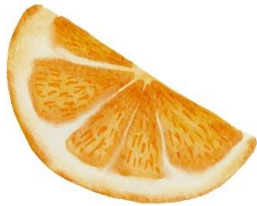
Grains

 Okay	 Avoid
<p>White or whole wheat bread buns, pancakes, roti, pita, tortilla, and pasta</p> <p>White rice, quinoa, millet, couscous, barley, and oats</p> <p>Muffins, cookies, and crackers that do not contain whole nuts or seeds, bran, or dried fruit</p> <p>Rice Krispies®, Cheerios® and other cereals that do not have whole nuts, whole seeds, bran, or dried fruit</p> <div data-bbox="251 1344 609 1606">  </div>	<p>Bread that is multi-grain or whole grain, pumpernickel, and sprouted grain breads</p> <p>Brown and wild rice</p> <p>Coconut flour</p> <p>Grain products containing whole nuts, seeds, and bran</p> <p>Granola and muesli</p> <div data-bbox="828 1344 1209 1606">  </div>





Protein

 Okay	 Avoid
<p>Tender meat, poultry, fish, and seafood</p> <p>Small amounts of small seeds such as sesame, chia, and hemp hearts, in baked goods</p> <p>Ground seeds and nuts, such as ground flax seeds, almond flour, and chickpea flour</p> <p>Smooth nut and seed butters such as smooth peanut butter, almond butter, and tahini</p> <p>Well-cooked lentils you can mash with a fork such as split red and yellow dahl</p> <p>Pureed beans such as hummus, and refried beans</p> <div data-bbox="237 1115 636 1367">  </div>	<p>Beef jerky or other meat jerky</p> <p>Sausage casings or skins</p> <p>Large amounts of small seeds such as in chia pudding and sesame seed snacks</p> <p>Whole nuts and large seeds such as pine nuts, peanuts, almonds, pumpkin seeds, sunflower seeds, and flax seeds</p> <p>Nut butters with large chunks such as chunky peanut butter</p> <p>Whole beans such as chickpeas, kidney beans, and soybeans</p> <div data-bbox="824 1115 1224 1367">  </div>
<p>Milk, cheese, and yogurt</p> <p>Plant-based beverages such as soy, almond, cashew, and oat</p> <p>Tofu</p> <p>Small amounts of tempeh</p> <p>Eggs</p> <p>Protein powder</p>	

Fruit

 Okay	 Avoid
<p>All canned, fresh, or cooked fruit with skin and seeds removed, such as apples, pears, peaches, plums, bananas, melons, and avocados</p> <div data-bbox="277 604 586 852">   </div> <p>Seeded fruit and jam with small seeds removed, such as whole strawberries, kiwi, jams with no seeds</p> <p>Pureed stringy fruit such as pineapple or mango</p> <p>Small amounts of fruits that have lots of skin such as blueberries, grapes, cherries, and olives. Pureed is best.</p> <p>Coconut milk</p> <p>All fruit juice and smoothies that are well-blended</p> <p>Citrus fruit with white stringy parts and membrane removed from each segment</p> <div data-bbox="277 1583 599 1745">   </div>	<p>Skins of fruit, such as apples, pears, peaches, plums, and persimmons</p> <div data-bbox="902 562 1167 821">   </div> <p>Fruit with several small seeds such as blackberries, raspberries, and pomegranate</p> <p>Dried fruit such as raisins, figs, mango</p> <p>Stringy fruit such as pineapple or mango, unless blended</p> <p>Large amounts of small fruit with a large amount of skin to fruit such as blueberries, grapes, cherries, and olives</p> <p>Coconut</p> <p>The white stringy parts and segment membranes of citrus fruit such as grapefruit and oranges</p> <div data-bbox="842 1583 1211 1787">   </div>

Vegetables

 Okay	 Avoid
<p>Cooked vegetables with skin and seeds removed, such as potatoes, yam, squash, pumpkin, eggplant, carrots, turnip, zucchini, broccoli, bok choy, cauliflower, bell peppers, onions and garlic</p> <p>Cooked and pureed peas and grape tomatoes</p> <p>Mushrooms that have been soaked and chopped into small pieces or pureed</p> <p>Tomato sauce and paste</p> <p>Cooked and pureed stringy vegetables, such as artichokes, asparagus, bean sprouts, Brussels sprouts, celery, okra, sauerkraut, string beans, cabbage, spinach, and kale</p> <p>Vegetable juice</p> <div data-bbox="272 1325 592 1669">  </div>	<p>Skins of vegetables such as potatoes, yam, squash, pumpkin, eggplant, carrots, turnip, and zucchini</p> <p>Vegetables with skin or tough outer coating, such as peas, grape tomatoes, and corn</p> <p>Raw vegetables</p> <p>Mushrooms, unless soaked and chopped into small pieces or pureed</p> <p>Seaweed</p> <p>Popcorn</p> <p>Stringy vegetables such as artichokes, asparagus, bean sprouts, Brussels sprouts, celery, okra, sauerkraut, string beans, cabbage, spinach, and kale, unless cooked and pureed</p> <div data-bbox="834 1360 1224 1612">  </div>

Other tips

Drink 2000 to 2500 ml (8 to 10 cups) of fluids such as water, juice, milk, or soup, every day. Sip drinks throughout the day instead of drinking large amounts at one time.

You might need to take a multivitamin if you are not able to eat a variety of foods. Ask your dietitian, doctor, or pharmacist.

Take a short walk every day. Walking helps your bowels move.

You might need medicine to help you have regular and easy to pass bowel movements. If your bowel movements are smaller, are less often, or are difficult to pass, ask your doctor if a medicine can help. Do **not** take products that make your bowel movements larger, such as Metamucil® or Benefibre®.

Notes:

Adapted with permission from Vancouver Coastal Health

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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