

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

MINIMAL RESIDUE DIET

Description

The minimal residue diet is designed to reduce stool volume. The diet limits foods that contain dietary fiber, which decreases the amount of residue that passes through the intestinal tract. Foods that contain dietary fiber include whole grains, nuts, seeds, vegetables, and fruits. Milk is not allowed. In addition, foods or juices that have a laxative effect are also avoided. The diet provides less than 5 grams of dietary fiber a day.

Indication for Use

The diet is indicated for use before and/or after surgery on the lower bowel, in acute diarrhea, and in any condition where a bowel movement would be contraindicated.

Nutritional Adequacy

The diet is inadequate in calcium, thiamin, riboflavin, Vitamins A and D, and folic acid. Commercially prepared minimal residue supplements and a multivitamin and mineral supplement are usually recommended if the diet is used for more than two weeks.

Dietary Plan

Minimal Residue Diet	Foods Allowed	Foods Restricted
Beverages	Coffee, decaffeinated coffee, tea, cereal beverages, carbonated beverages, cream 2 oz	Milk, milk drinks, alcohol
Breads	Refined breads, rolls, plain bagels, biscuits, English muffins, crackers, pancakes, waffles, plain pastries	Whole grain breads, breads and crackers containing bran, seeds, nuts or dried fruit, corn bread, muffins, seasoned crackers with seeds, graham crackers
Cereals	Refined cooked cereals, refined cereals made from corn, oats, rice or wheat	Oatmeal, unrefined cereals (bran, granola, whole grain), any containing seeds, nuts, dried fruits

Desserts and sweets	Plain, un-iced cakes and cookies, plain gelatin, fruit ices, popsicles, pain hard candy, sugar, honey, jelly, syrup	Desserts made with milk, any desserts made with fruits, coconut, raisins, dried fruit or nuts, jams, preserves, and marmalades containing fruit seeds, or skins, candied fruit
Fats	Margarine, butter, oils, shortening, mayonnaise, salad dressings containing allowed foods, broth-type gravy, sour cream, cream cheese, cream 2 oz	Salas dressings made from restricted ingredients, milk-based gravy
Fruits	Strained fruit juice	Any fruit juice containing pulp, prune juice, fresh, canned or frozen fruit, dried fruits, raisins, coconut
Meat and meat substitutes	Tender, well-cooked plain meats, poultry, fish, and shellfish, crisp bacon, eggs, egg substitutes	Tough, fibrous meats, poultry, and shellfish, creamed eggs, all dried beans and peas, nuts and seeds, peanut butter, cheese, yogurt
Potatoes and potato substitutes	Cooked white and sweet potatoes without skin, milk-free mashed potatoes, refined pasta, white rice	Baked white and sweet potatoes with skin, whole grain pasta, whole grain or wild rice
Soups	Bouillon, broth, consommé	Soups containing dried beans or peas or any other foods on the restricted list; milk based soups
Vegetables	Strained vegetable juices	All other raw or cooked vegetables or vegetable juices
Miscellaneous	Salt, ground or finely chopped herbs and spices, flavorings extracts, white sauce, mild gravy, cream substitutes	

Meal Plan

Breakfast	Lunch	Dinner
Apple juice $\frac{3}{4}$ cup Cream of wheat $\frac{3}{4}$ cup White toast 2 slices Margarine 2 tsp Jelly 1 tbsp Coffee/tea	Chicken broth 1 cup Sliced turkey 2 oz White bread 2 slices Mustard 1 tsp Mayonnaise 1 tbsp Angel food cake 1 slice Coffee/tea	Cranberry juice $\frac{3}{4}$ cup Broiled skinless chicken breast 3 oz White rice $\frac{1}{2}$ cup White bread 1 slice Margarine 1 tsp Gelatin dessert $\frac{1}{2}$ cup Coffee/tea