

LOW FIBRE, LOW RESIDUE- DIETARY RECOMMENDATIONS

- **Fibre is that part of fruits, vegetables and grains not digested by your body. A low-fibre diet limits these food and, in doing so, limits the amount of undigested materials that pass through your large intestine and lessens stool bulk**
- **A low-fibre diet is sometimes also called a restricted-fiber or low residue diet. Residue simply means any food, including fiber, that isn't digested and remains in the intestines.**
- **You may want to limit the amount of milk and milk products in the diet. Milk doesn't contain fiber, but it may leave a residue in the digestive tract.**
- **Adequate intake of fluid is important while on a low fibre diet (6-8 glasses daily)**

Food group	Avoid	Allowed
Cereals	Whole grains: Dalia, Oats, Corn, Whole wheat flour, Bran, Brown Rice, No high fibre biscuits	Refined grains: Maida, Polished rice, Sooji, Sooji pasta/vermicelli/noodles/macroni, poha, white bread
Pulses	All whole (sabot and chilka) dals	All dhuli (dehusked) dals
Vegetables	All green leafy vegetables, peas, bhindi, undercooked vegetables and raw salads	Aloo, Ghia, tori, Tinda, Pumkin
Fruits	All whole fruits with the peels and seeds, dried fruits	Fruit juice, canned or cooked fruits, fruits without skin, seeds or peels or stewed
Meat and its products Egg	Undercooked and raw with bones	Properly and softly done (preferably minced), Egg
Dairy products	Raw milk (may need to avoid it)	Butter, cheese, Curd, Lassi, Panner
Fats and oils	-----	All allowed
Nuts	All nuts	-----
Drinks	Caffeine products, Alcohol, Readymade soups	Clear fruit and vegetable juices, clear soups
Others	Pappads, pickles, chutneys, peanut butter, chocolate with nuts.	Honey, smoothie, jam and marmalades, jelly