

Zingale; 27W 1822

MODIFICATIONS FOR GI CONDITIONS

FIBER AND RESIDUE RESTRICTED DIET

PURPOSE: To reduce the volume and frequency of fecal output.

ALSO KNOWN AS: This may be ordered as "Low Residue Diet", "Low Fiber Diet", "Fiber Restricted Diet", "Residue Restricted Diet".

PRINCIPLES OF DIET:

1. The term residue refers to both the fiber content of foods and to the post-digestive remains that increase fecal output. Ergo, a low-residue diet limits foods that are rich in fiber and that lead to increased post-digestive remains. A low-fiber diet does not address the latter issue. Thus, a fiber and residue restricted diet encompasses both restrictions.
2. Dietary fiber (indigestible carbohydrates) is classified as:
Insoluble: cellulose, hemicellulose, lignin
Soluble: pectins, gums, mucilages, algal substances.
3. Fiber intake is reduced by substituting the use of processed and/or cooked foods for the use of raw, unrefined foods.
4. Residue is reduced by limiting the use of foods which leave a high amount of residue in the colon such as dairy foods, seeds and nuts.
5. Long term use of a fiber and residue restricted diet may be associated with constipation, diverticular disease, and cancer of the colon.

INDICATIONS FOR USE: patients/residents with impaired gastrointestinal tract mucosa; acute phases of irritable bowel syndrome (Crohn's disease, ulcerative colitis), and diverticulitis.

ADEQUACY: This meal plan should meet the "Daily Value/ RDI" as long as food choices from all food groups are made. In the absence of choices from all food groups, a micronutrient supplement is recommended.

SELECTED REFERENCES:

The Chicago Dietetic Association and The South Suburban Dietetic Association. *Manual of Clinical Dietetics*, Fifth Edition. Chicago, IL: The American Dietetic Association; 1996.

Mahan LK and Escott-Stump S (eds). *Krause's Food, Nutrition and Diet Therapy*, Ninth edition. Philadelphia, PA: WB Saunders Company; 1996.

MODIFICATIONS FOR GI CONDITIONS
 FIBER AND RESIDUE RESTRICTED DIET FOOD LIST

FOOD GROUP	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN
Milk and milk products	2 cups more per day; fat-free or low-fat (1%) milk, buttermilk, or yogurt products without nuts; cheeses: fat-free or low-fat (1-2%), without nuts; cottage cheese, other milk cheeses; soy milk; malted milk; milkshakes; hot cocoa; low-fat frozen yogurt without nuts	Any prepared with dried fruit, nuts or seeds
Meat and Meat Substitutes	All lean tender meats, poultry, game, fish and shellfish; fish or meat salads without raw vegetables; creamy peanut butter; soybeans, tofu; texturized vegetable protein; seed and nut butters, tahini, hummus	Fish or meat salads containing raw vegetables; peanuts, chunky peanut butter; all forms of dried beans, peas and other legumes
Eggs/Egg whites	Three (3) or fewer egg yolks per week; egg whites, cholesterol free egg substitutes as desired	
Breads, cereals, rice, grains	Enriched or refined grain breads, cereals, pasta, grits, english muffins, muffins, bagels, tortillas, crackers, melba toast, matzo made without dried fruit, nuts, or seeds; white rice; refined cooked cereals: farina, cream of wheat, cream of rice, Wheatena®; oatmeal without dried fruit, nuts, or seeds, Cornflakes®, Rice Krispies®, and similar dry cereals without dried fruit, nuts or seeds	Coarse whole grain breads, cereals, and pasta, grits, english muffins, muffins, bagels, tortillas, crackers, melba toast, matzo or any made with dried fruit, nuts or seeds; brown rice; refined cooked cereals with dried fruit, nuts, or seeds; cold cereals: Shredded Wheat®, GrapeNuts®, granola or other cereals with dried fruit, nuts or seeds
Vegetables	Fresh, frozen or canned, well cooked vegetables without seeds; pureed vegetables; sweet or white potato without skin; tender salad greens without stems, vegetable juice, tomato juice; tomato sauce	Corn, peas, popcorn; other raw vegetables; potato with skin; any prepared with dried fruit, nuts or seeds; those not well tolerated (individual tolerance may vary)
Fruits	Fresh, frozen or canned soft fruit such as banana or melon, fruit cocktail; fruit juice without pulp, fruit nectars; coconut as a garnish	The skin, pit or seeds of raw fruits except as noted; all other raw fruits except as noted; dried fruit
Soups	Clear beef, chicken, vegetable broth, bouillon, consommé; strained cream soup; those made with allowed ingredients	Those made with foods not allowed or tolerated

MODIFICATIONS FOR GI CONDITONS

FOOD GROUP	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN
Fats and oils	Butter; margarine or diet margarine; shortenings, mayonnaise or salad dressings; cream, non dairy creamer; cream cheese; sour cream; gravy	Butter, cream, margarine or oils in large quantities; margarine made from hydrogenated or saturated fats; coconut, palm kernel oil or palm oil; hydrogenated vegetable shortening; seeds and nuts of any kind
Desserts and Sweets	Gelatin desserts; ices; ice cream*; custard; pudding*; cakes, pies or cookies; honey, syrup; candies; jelly, jam without seeds	Any prepared with whole grains; any prepared with raw fruits, dried fruit, nuts, or seeds; jam with seeds
Beverages	At least 2 liters of fluid/day; water, fruit juice, soft drinks, caffeinated and decaffeinated beverages	Alcohol
Miscellaneous	Condiments, herbs and spices; dry condiments such as sugar, thick condiments such as mayonnaise; fluid condiments such as lemon juice; relishes, chutney	Spices and condiments with whole seeds; popcorn; sunflower seeds

*Ice Cream and pudding, when chosen, should be included as part of the milk allowance

MODIFICATIONS FOR GI CONDITIONS
SAMPLE MENU - FIBER AND RESIDUE RESTRICTED DIET

BREAKFAST

Pineapple Juice	4 ounces
Farina	½ cup
Whole wheat toast	2 slices
Butter or margarine	2 teaspoons
Hard cooked egg	1 egg
Jelly	1 tablespoon
2% milk	8 ounces
Coffee	8 ounces

LUNCH

Cream of mushroom soup	1 cup
Grilled chicken breast	3 ounces
on whole wheat sandwich roll	1 roll
Mayonnaise	2 teaspoons
Canned peaches	½ cup
2% milk	8 ounces
Water	8 ounces

DINNER

Vegetable juice	4 ounces
Filet of sole	3 ounces
Mashed sweet potato	1 cup
Cooked asparagus tips	1/2 cup
Butter or margarine	2 teaspoons
Canned apricots	½ cup
Apple juice	8 ounces
Water	8 ounces

EVENING

Fruit flavored low-fat yogurt	1 cup
Banana (sliced)	1 small
Tea	8 ounces

MODIFICATIONS FOR GI CONDITIONS

GASTRIC IRRITANT RESTRICTED DIET

PURPOSE: to provide guidelines to (a) minimize the occurrence of reflux events, (b) enhance esophageal acid clearance that may offer symptomatic relief, and (c) as adjuvant therapy to antacid and histamine H₂ blockers.

ALSO KNOWN AS: This may be ordered as "Bland Diet".

PRINCIPLES OF DIET:

1. Foods that reduce lower esophageal pressure (LES) are avoided: carbonated beverages, alcohol, chocolate, peppermint, and theophylline.
2. Foods that are known gastric irritants are avoided: regular and decaffeinated coffee and tea, caffeine containing soft drinks, alcohol, black pepper, garlic, cloves and chili powder.
3. Selective avoidance of foods which may cause indigestion or pain to the individual may be helpful.
4. The percent of fat in the diet is reduced from habitual intake. Fat tends to decrease LES pressure and delay gastric emptying. A high fat diet may therefore increase esophageal exposure time to gastric acid.
5. Six small meals are recommended in order to reduce intragastric volume and consequent gastric acid secretion. Duodenal ulcer pain may be relieved by the presence of food in the small intestine. Gastric ulcer pain may be worsened by the presence of food in the stomach.
6. Small amounts of fluids should be taken with meals; the majority of fluids should be consumed between meals.
7. Patients/residents should attain/ maintain ideal body weight as obesity may promote reflux.
8. The use of lozenges or chewing gum to promote salivation may enhance esophageal acid clearance.
9. Food consistency has little or no influence on food tolerance in patients/residents with ulcers and should not be routinely manipulated.
10. Gastro-esophageal reflux (GER) in children, and particularly in infants, is a significant cause of failure to thrive. The general principles outlined above apply.

INDICATIONS: patients/residents with reflux esophagitis, esophageal erosions, ulcerations or strictures; symptoms of recurrent heartburn, regurgitation; acute or chronic esophageal or peptic ulcers

ADEQUACY: This meal plan should meet the "Daily Value/ RDI" as long as food choices from all food groups are made. In the absence of choices from all food groups, a micronutrient supplement is recommended.

SELECTED REFERENCES:

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HUNTINGTON HOSPITAL ASSOCIATIONLOW RESIDUE DIET - continued

FOOD	TO INCLUDE	TO AVOID
MEAT, FISH FOWL	Tender meats, fish, fowl (broiled, baked, boiled, or roasted: creamed if tolerated). <u>Meats</u> - lean beef, lamb, pork, veal <u>Fish</u> - fresh or salt water (bass, cod, flounder, haddock, halibut, perch, salmon, swordfish, tuna, shellfish. cream style peanut butter	Fried, or spiced meat, fish, fowl, (cold cuts, frankfurters)
MILK	1 pint (more, if tolerated)	No more than allowance
POTATO OR SUBSTITUTE	Potato without skin, mashed sweet potato (or whole canned), white rice, pasta.	Whole grain rice; fried: rice, noodles, potato, Barley
SOUP	Bouillon, broth, soups, prepared with foods allowed and without seasonings except small amount of salt.	ALL OTHER
VEGETABLES	<u>All well cooked: Asparagus tips, beets, carrots, peas, pumpkin and squash (mashed) wax and string beans (frenched or cut), spinach. All vegetables may be chopped, pureed, if necessary.</u>	Cabbage, cucumber, corn, baked beans, brussel sprouts, onions, radishes, turnips, <u>raw vegetables.</u>
MISCELLANEOUS	Salt in small quantity. Gravy, spices and condiments in moderation, combination dishes: those made with rice or pasta, meat, fish or cheese.	Chili sauce, horseradish, mustard, pepper, olives, pickles, cloves, popcorn, nuts, coconut, garlic.

- * Adjust intake if lactose intolerance is present or if lower residue is desired.
- ** If large quantities of orange or other juices containing pulp are consumed, juices might have to be strained.
- *** All fibers and skins are removed.

NOTE: Increase the fiber in your diet gradually and be sure to drink eight glasses of water every day.

CHOOSE MORE OFTEN

Whole Grain Breads

Whole grain bread which lists "whole" wheat flour or "whole rye flour as the first ingredient; breads which contain "sprouted" grains, corn bread, whole wheat English muffins and bagels.

Whole Grain Low Fat Crackers

Wasa Crisp, Whole Wheat Matzoh

Cereals & Grains

Use Oatmeal (not instant type), Wheatlina, Whole Barley, Bulgur, Buckwheat (Kasha) and Millet. Choose other cereals made with whole wheat flour (Shredded Wheat), Puffed Rice and Raisin Bran.

Add 1 teaspoon of raw unprocessed wheat bran to your cereal or mix into other food items.

Fruits and Vegetables

Every day include 4 servings of fruit and vegetables in your diet, especially raw fruits and vegetables and dried fruits.

Use dried peas, beans and lentils in soups, casseroles, salads or with rice.

Rice

Substitute brown rice for white rice.

Snacks

Plain Popcorn, whole grain pretzels, dried fruit, rice pudding, oatmeal-raisin cookies, rice cakes, flatbread.

Baking

Bake yeast-raised breads, quick breads and muffins with graham or whole wheat or whole rye flour, cornmeal, oatmeal or oatbran.

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