

Low Residue Diet for Reducing Your Risk of a Bowel Obstruction

Patient name: _____

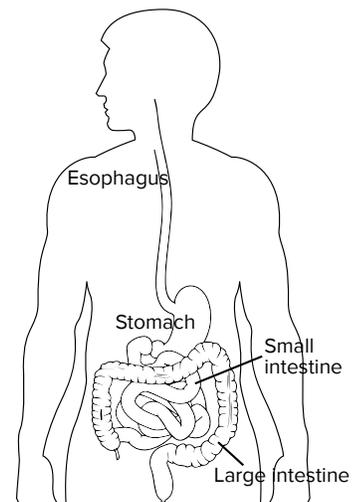
Surgery date (if applicable): _____ Duration of diet: _____

Dietitian: _____ Contact number: _____

Introduction

A Review of Your Digestive Tract

When you swallow food, it lands in your stomach. From there, the contents move to your small bowel (also known as the small intestine). Most digestion happens in this long and narrow muscular tube. The small bowel is where proteins, carbohydrates, fats, and vitamins are absorbed. Next the contents enter your large bowel (also known as the large intestine or colon). The large bowel absorbs water and electrolytes, turning contents from liquid to formed bowel movements.



What is a Bowel Obstruction?

A bowel obstruction can occur when there is a blockage in the small or large bowel. This can happen when there is narrowing of the bowel due to swelling, twisting, scar tissue, hernias or tumors in the bowels. It can also happen when there are problems with the muscles or blood flow of the bowel. Signs and symptoms of a bowel obstruction include persistent abdominal pain and cramping, nausea and vomiting, and little or no bowel movements. If you suspect that you have a bowel obstruction seek medical attention.

Nutrition Tips

A low residue diet is lower in food substances that the body has more difficulty digesting (e.g. insoluble fibre). The goal of a low residue diet is to limit the amount of food waste that has to move through your bowel and to prevent food waste from getting stuck in your bowel. The way you eat, the size of food items, and the type of food you eat can help reduce your risk of a bowel obstruction.

The Way You Eat

- Eat small meals. Large meals can cause more discomfort. Aim for 5 or 6 small meals rather than 3 large meals.
- Do not force food. Eat only as much as you are comfortable consuming.

The Size and Type of Food

- Cut food up into smaller pieces and chew well.
- Avoid skins of fruits and vegetables and stringy foods as they take longer to digest and may travel intact further down your bowels. Remove skins of fruits and vegetables. Cook vegetables. Puree stringy fruits and vegetables.
- Avoid hard and poorly digested food such as popcorn, corn kernels, whole nuts and large seeds. Choose smooth seed and nut butters. Be careful to avoid pits when eating foods like olives and cherries.
- Avoid dried foods (e.g. beef jerky, dried mango) as they are leathery and swell after eating. Small amounts in baked goods are okay.
- Fresh and dried mushrooms swell after eating. Avoid or chop soaked mushrooms into small pieces.
- Refer to the food table below for more details.



Food Group	Safe	Avoid
<p>Protein</p> 	<ul style="list-style-type: none"> • Tender meat, poultry, fish, and seafood • Eggs • Tofu • Tempeh in small amounts • Well-cooked lentils that are mashable with a fork (e.g. split red, yellow, dahl) • Pureed beans (e.g. hummus, refried beans) • Small seeds (e.g. sesame, chia, hemp hearts) in small amounts in baked goods • Ground seeds and nuts (e.g. ground flax seeds, almond flour, chickpea flour) • Smooth nut and seed butters (e.g. smooth peanut butter, almond butter, tahini) • All protein powders • All milk, cheese, and yogurts • All plant-based beverages (e.g. soy, almond, cashew, oat) 	<ul style="list-style-type: none"> • Beef jerky • Sausage casings • Whole beans (e.g. chickpeas, kidney beans, soybeans) • Small seeds in large amounts (e.g. chia pudding, sesame seed snacks) • Whole nuts and large seeds (e.g. pine nuts, peanuts, almonds, pumpkin seeds, sunflower seeds, flax seeds) • Chunky nut butters
<p>Grains</p> 	<ul style="list-style-type: none"> • White or whole wheat bread, buns, pancakes, roti, pita, tortilla, pasta • White rice, quinoa, millet, couscous, barley, oats • Grain products not containing whole nuts or seeds, bran or dried fruit (e.g. Rice Krispies® cereal, Cheerios® cereal, muffins, cookies, crackers) 	<ul style="list-style-type: none"> • Multi/whole grain, pumpernickel and sprouted grain breads • Brown and wild rice • Granola and muesli • Grain products containing whole nuts, seeds, and bran

Food Group	Safe	Avoid
<p>Fruit</p> 	<ul style="list-style-type: none"> • All canned, fresh or cooked fruit with skin and seeds removed (e.g. apples, pears, peaches, plums, bananas, melons, avocados) • Citrus fruit with membranes removed (e.g. oranges, grapefruit) • Fruit with some small seeds (e.g. whole strawberries, kiwi with seeds removed, jams) • Small fruits with a large amount of skin to fruit (e.g. blueberries, grapes, cherries, olives) in small amounts. Pureed is preferred. • Pureed stringy fruit (e.g. pineapple, mango) • Coconut milk • All fruit juice 	<ul style="list-style-type: none"> • Peels of fruit with skins (e.g. apples, pears, peaches, plums, persimmons) • Citrus membranes (e.g. oranges, grapefruit) • Fruit with several small seeds (e.g. blackberries, raspberries, pomegranate) • Small fruit with a large amount of skin to fruit (e.g. blueberries, grapes, cherries, olives) in large amounts. • Whole stringy fruit (e.g. pineapple, mango) • Dried fruit (e.g. raisins, figs, mango) unless in small amounts in baked goods • Coconut and coconut flour
<p>Vegetables</p> 	<ul style="list-style-type: none"> • Cooked vegetables with skin and seeds removed (e.g. potatoes, yam, squash, pumpkin, eggplant, carrots, turnip, zucchini, broccoli, bok choy, cauliflower, bell peppers, onions, garlic) • Cooked and pureed stringy vegetables (e.g. artichokes, asparagus, bean sprouts, Brussels sprouts, celery, okra, sauerkraut, string beans, cabbage, spinach, kale) • Cooked and pureed peas and grape tomatoes • Mushrooms soaked and chopped into small pieces or pureed • Tomato sauce and paste • All vegetable juice 	<ul style="list-style-type: none"> • Raw vegetables • Peels of vegetables with removable skin (e.g. potatoes, yam, squash, pumpkin, eggplant, carrots, turnip, zucchini) • Stringy vegetables (e.g. artichokes, asparagus, bean sprouts, Brussels sprouts, celery, okra, sauerkraut, string beans, cabbage, spinach, kale) unless cooked and pureed • Vegetables with skin/tough outer coating (e.g. peas, grape tomatoes, corn) • Mushrooms unless soaked and chopped into small pieces or pureed • Seaweed • Popcorn



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with patients
and families

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