

## **LOW RESIDUE, LOW LACTOSE, BLAND DIET**

### **FOODS TO INCLUDE:**

- **SOUPS**: Bouillon, broth, cream soups made with Lactaid milk, meat and noodle soups, soups with allowed vegetables.
- **FATS**: Margarine, butter, vegetable oils, diet salad dressing, mayonnaise, non-dairy cream shortening.
- **BEVERAGES**: Decaffeinated coffee, tea and soft drinks.
- **MISC**: Mild seasonings and herbs, jelly and jams without seeds, sugar, honey, hard candies, cakes and cookies without seeds, coconut, nuts, or chocolate.

### **FOODS TO AVOID:**

- **SOUPS**: Cream soups made with milk or cream, Corn chowder, bean soup, most vegetable soups, and highly seasoned soups.
- **FATS**: Spicy salad dressing, cream, cream cheese, fried foods.
- **BEVERAGES**: Coffee, tea, colas, and alcohol.
- **MISC**: Pepper, horseradish, chili powder, olives, popcorn, nuts, seeds coconut, and chocolate.

The average American consumes <14 g of fiber a day. Current recommendations suggest a daily fiber intake of 25 –35 grams. Fiber helps reduce cholesterol, blood sugar, constipation and risk of colon Cancer. Compare your diet to the chart below to see if you are getting your fiber fill!

## Dietary Fiber Chart

Food	Dietary Fiber (g)	Food	Dietary Fiber (g)
<b>Cereals</b>		<b>Vegetables</b>	
All Bran (1/2 cup)	13.2	<b>(raw, except as noted)</b>	
Bran Buds	12.0	Beans, green, canned (1/2 cup)	1.8
40% Bran Flakes (1/2 cup)	2.6	Beans, kidney, canned (1/2 cup)	5.8
Brown rice, cooked (1/2 cup)	1.7	Beans, lima, cooked (1/2 cup)	3.1
Corn Bran (1/2 cup)	4.0	Beans, pinto, canned (1/2 cup)	5.7
Corn Flakes (1/2 cup)	1.4	Broccoli (1/2 cup)	3.3
Fiber One (1/2 cup)	18.0	Cabbage, cooked (1/2 cup)	2.6
Grapenuts (1/2 cup)	4.4	Carrots (1/2 cup)	1.8
Miller's unprocessed bran (1 oz.) (sprinkle on food or mix w/juice)	4.6	Cauliflower (1/2 cup)	0.8
Nutrigrain wheat (1/2 cup)	1.4	Celery (1/2 cup)	1.1
Oat Bran, cooked (1/2 cup)	2.1	Corn, boiled (1 ear)	3.1
Oatmeal, cooked (1/2 cup)	1.8	Cucumber (1 medium)	1.5
Rice Krispies (1/2 cup)	0.6	Lettuce, iceberg (1/2 cup)	0.4
Shredded Wheat, 1 biscuit	3.4	Peas, cooked (1/2 cup)	8.3
Special K (1/2 cup)	0.4	Potatoes, boiled (1 medium)	3.0
Wheaties (1/2 cup)	1.3	Spinach (1/2 cup)	1.0
Wheat Chex (1/2 cup)	1.7	Tomato (1 small)	1.0
<b>Breads (1 slice) &amp; Grains</b>		<b>Fruits</b>	
Pumpernickel	0.6	Apple (1 small)	3.4
Rye, no seeds	0.4	Apricots (2 medium)	1.8
Rye Krisp Crackers (2)	1.5	Banana (1 small)	2.0
White Bread	0.2	Cantaloupe (1/4 small)	0.9
Whole Wheat	1.3	Cherries (15 large)	1.1
Bulgar, Barley, Rice, cooked (1 cup)	1.0	Grapes (10 medium)	0.5
Popcorn (2 cups)	0.7	Orange, navel (1 small)	2.2
		Pear, Bosc (1 medium)	4.8
<b>Nuts</b>		Plums (10 small)	2.1
Sunflower Seeds (1 tbsp.)	1.1	Raspberries (1/2 cup)	1.9
Soybean nuts (1 oz.)	1.0	Strawberries (1/2 cup)	1.7
Peanuts, w/skin (1 oz.)	1.0	Blueberries (1/2 cup)	2.5
Peanuts, w/o skin (1 oz.)	0.5	Prunes (5 small)	4.4

## Gastrointestinal Soft Diet Instructions

Since the food tolerances of patients with gastrointestinal disorders and symptoms can vary considerably, attention should be given to individual food tolerances.

FOOD GROUP	FOOD ALLOWED	FOODS EXCLUDED
Beverages and milk	Milk and milk drinks, cereal beverages, carbonated beverages, coffee, tea	Alcohol
Breads and crackers	White, seedless rye, fine whole-wheat bread, plain crackers, graham crackers	Coarse whole-grain breads, breads with seeds, nuts or raisins, highly seasoned crackers
Cereals and grains	Cooked and dry cereal unless listed as excluded. Plain spaghetti, macaroni noodles, rice.	Bran cereals, cereals with raisins, brown or wild rice
Desserts	Plain cake, cookies, pudding, custard, ice cream, sherbet, gelatin, fruit whips	Pastries, pies, desserts containing nuts, coconut, dried fruits, fruit with seeds or tough skin
Fats	Butter, cream, cream sauce, bacon, margarine, mayonnaise, mild salad dressing	Fried foods, gravy, nuts, olives, spicy salad dressing
Meat, fish, poultry, cheese, eggs, legumes	Meat, fish or poultry, not fried. Plain cheeses, eggs except fried, smooth peanut butter	Fried meats, fish or poultry, highly seasoned cold cuts or sausage, fried eggs
Fruits or juices	All fruit juices, avocado, banana, grapefruit and orange sections without membranes, baked peeled apple; applesauce. Canned: apricots, cherries, peaches, pears, pineapple. Peeled ripe peaches or pears	Raw fruit not listed as allowed, dried fruits, fruits with edible seeds or tough skins
Soup	Cream soups made from foods allowed; meat, rice, noodle soups	Vegetable soups unless made from foods from allowed list
Sugar and sweets	Sugar, syrup, honey, clear jelly; plain, sugar candy in moderation	Jam, marmalade and candies that contain tough skins, seeds or nuts
Vegetables and potatoes	Tomato juice, cooked asparagus, beets, carrots, green or wax beans, green peas, mushrooms, potatoes, spinach, summer squash, sweet potatoes, tomatoes, winter squash	All other raw and cooked vegetables, deep-fried vegetables
Miscellaneous	Salt, allspice, cinnamon, paprika, herbs, flavoring extracts, ketchup	Red, black, white pepper; horseradish, mustard, pickles, popcorn, potato chips