

## Residue Restricted Diet

The purpose of a residue restricted diet is to restrict cellulose to prevent stimulation of peristalsis and to avoid distention. It is recommended to follow this diet for about 2-3 weeks after your colon/rectal surgery. The table below makes suggestions on foods to eat and those to avoid. Smaller, more frequent meals for the first several weeks after surgery will be better tolerated. After the 2-3 week time frame, you may gradually transition back to a regular diet.

	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<b>Milk</b>	Buttermilk, evaporated milk, skim, low fat, and whole milk, powdered milk, chocolate milk, plain yogurt, cheese	Yogurt and ice cream with seeds, nuts, or fruit
<b>Meat</b>	Lean beef, poultry, pork, ham, lamb, fish, shellfish, eggs, veal, smooth peanut butter	Fried or fatty meats, tough meats with gristle, crunchy peanut butter
<b>Breads, Cereals, &amp; Grains</b>	Breads, rolls, bagels, muffins, crackers made from refined white flour, cooked noodles, white pasta and rice, saltines, soda crackers, puffed rice cereal	Bread products made from whole grains, graham flour, rye or cornmeal, breads, crackers, or cereals with seeds or nuts, whole grain pasta, brown rice, wild rice, barley, oatmeal, hominy, popcorn
<b>Vegetables</b>	Vegetable juices without pulp, cooked vegetables without seeds, carrots, asparagus, waxed and green beans, acorn squash, regular and sweet potatoes without skin, tomato juice, tomato paste, and tomato sauce without seeds	All raw vegetables, corn, dried beans and peas, green peas, lentils, lima beans, potato skins, fried potatoes, potato chips, corn chips, cooked vegetables with seeds or skins, strongly flavored vegetables (i.e. cabbage, cauliflower, or broccoli)
<b>Fruits</b>	Juices without pulp (excluding prune juice), canned fruit (except pineapple) without seeds or skins, ripe bananas, watermelon and honeydew with seeds removed	Most raw fruits, including apples, berries with seeds, pineapple, peaches, avocados, grapes, pears, rhubarb, fresh grapefruit and orange slices, prunes, prune juice, raisins, dates, figs, and all other dried fruits.
<b>Fats</b>	Butter, margarine, cream, cream cheese, sour cream, mayonnaise, oil	Avoid all nuts, coconut, seeds
<b>Desserts</b>	Plain ice cream, sherbet, custard, plain pudding, hard candy, jelly beans, cakes, pies, and cookies made from refined flour and with no fresh fruits or nuts, chocolate, ice cream without fruits or nuts	Desserts with fresh fruits, nuts, seeds, or coconut
<b>Miscellaneous</b>	Clear broths, bouillon and strained soups, carbonated drinks, fruit flavored drinks, hot chocolate, coffee, tea, clear juices, and decaffeinated coffee. Salt, pepper, mild seasonings, sugar, honey, syrup, and jelly	Chili powder, barbecue spice/sauce, jams, marmalade, mustard