



# Digestive Disease Consultants

[www.mygidocs.com](http://www.mygidocs.com)

## LOW RESIDUE DIET (LOW-FIBER DIET, BRAT DIET)

A low residue diet is a diet designed to reduce the number and volume of stools. Although there are some minor differences, a low fiber diet and the BRAT (bananas, rice, applesauce, toast) diet are other similar diets. A low residue diet typically contains less than 10-15 grams of fiber per day. Long term use of this diet, with its reduced intake of fruits and vegetables, may not provide required amounts of vitamin C, calcium, and folic acid.

### Foods to include:

White bread, refined pasta and cereals, and white rice

Limited servings of canned or well-cooked vegetables that do not include skins

Moderate fresh fruits without peels or seeds, certain canned or well-cooked fruits

Tender, ground, and well cooked meat, fish, eggs, and poultry

Milk and yogurt (usually limited to 2 cups per day), mild cheese, ricotta, cottage cheese

Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings

Broth and strained soups from allowed foods

Pulp free, strained, or clear juices

### Foods to avoid:

Whole grain breads and pastas, corn bread or muffins, products made with whole grain products, or bran

Strong cheeses, yogurt containing fruit skins or seeds

Raw vegetables, except lettuce and other leaves

Tough meat, meat with gristle

Crunchy peanut butter

Millet, buckwheat, flax, oatmeal

Dried beans, peas, and legumes

Dried fruits, berries, other fruits with skin or seeds

Chocolate with Cocoa Powder (white chocolate has no fiber)

Food containing whole coconut

Juices with pulp

Highly spiced food and dressings, pepper, hot sauces

Caffeine

Popcorn

Nuts and Seeds



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If you have any questions, or would like to schedule an appointment, please call 877-891-ENDO (3636).