



# SHAW REGIONAL CANCER CENTER

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

## Low Residue Eating Plan

A low residue diet means eating foods that are low in fiber. Fiber, or “residue,” is the non-digestible part of foods that causes the bulk of your stool (bowel movement). You may be asked to follow a low residue diet if you are being treated with radiation to your prostate, colon, or rectum. A common side effect of radiation to the pelvic region is diarrhea or loose stools, which can be lessened by following a low residue eating plan. Following are lists of foods, some to try and others to avoid. The registered dietitian at the Shaw Regional Cancer Center is available to help you with your low residue eating plan.

<b>Food Category</b>	<b>Recommended</b>	<b>May Not be Tolerated</b>
<b>Milk and Milk Products</b>	Cow’s milk, Almond milk, rice milk, yogurt, pudding, cheese, cottage cheese, cream cheese	Yogurt containing seeds or fruit peels, seeded cheeses, pudding with nuts
<b>Breads</b>	White or sourdough bread or dinner rolls, biscuits, saltine or butter crackers, pancakes or waffles, plain pastries or donuts	Whole grain breads; breads with nuts, seeds, coconut, or dried fruit; cornbread; wild rice or bran pancakes; graham, rye, or wheat crackers
<b>Cereals</b>	Grits, farina, cream of wheat, instant oatmeal, rice cereal, puffed rice, puffed wheat, cornflakes	Traditional cooked oatmeal, granola, bran cereal, whole grain cereal, cereal with fruit/nuts/coconut/seeds
<b>Fruits</b>	Cooked or canned fruits, applesauce, fruit cocktail without coconut, melons, Peeled fresh fruit, bananas, Strained juices	Dried fruits; all berries; raw fruits with skins, membranes, and/or seeds; kiwi fruit; prune juice; grapes; juice with fruit or vegetable pulp
<b>Vegetables</b>	Most well-cooked and canned vegetables without seeds, small amounts of iceberg lettuce, baked potatoes or sweet potatoes without skins, mashed potatoes	Cabbage, peas, corn, most raw vegetables, potato skins, spaghetti squash, vegetables with seeds, onions, bell peppers, sauerkraut
<b>Starches</b>	White rice, refined pastas, white tortillas, grits	Wild or brown rice, polenta, corn tortillas, whole grain or peppered pastas
<b>Meat and Meat Substitutes</b>	Ground or well-cooked, tender beef, lamb, ham, veal,	Any made with whole-grain ingredients, seeds, or nuts;

	pork, poultry, fish; eggs; creamy peanut or almond butter; tofu	dried beans, peas, lentils, legumes; chunky nut butters; deep fried meats
<b>Soups</b>	Bouillon, broth, or cream soups made with allowed peeled vegetables, noodles, or rice	Chili, bean soups, soups made with vegetables with seeds or peels
<b>Desserts and Snacks</b>	Plain cakes and cookies made with all-purpose white flour, pie made with allowed fruits, plain ice cream or sherbet, Jell-O, custards, fruit ice.	Any made with whole-grain flour, bran, seeds, nuts, dried fruit, coconut; popcorn; pickles; nuts; deep fried foods

Once you have completed treatment, it is important to add higher-fiber foods back into your diet gradually, so as not to irritate the gut and cause increased flatulence (gas) and diarrhea.

*Please contact the Registered Dietitian at the Shaw Regional Cancer Center at 970.569.7429 if you have any questions or concerns regarding nutrition.*