

Low Residue Diet

The purpose of this diet is to help you manage *diarrhea*. The effects of radiation on the intestines takes about 4 weeks to resolve. Four weeks after your last radiation treatment, you may begin adding one new food each day. If diarrhea persists even after following these tips, tell your technologist/nurse/doctor.

Things to **DO** if you are having diarrhea:

- Start Imodium AD (you may take up to 8 a day)
- Eat 5-6 small meals a day instead of 2-3 large ones.
- Drink plenty of fluids without caffeine. Fluids at room temperature can be easier to tolerate.
- With your doctor’s permission, consider the use of a fiber supplement containing psyllium fiber, such as Benefiber or Metamucil. Psyllium fiber helps with diarrhea because it absorbs water, which helps form a solid stool.
- Drink and eat high-salt foods, such as broths, soups, sports drinks, crackers, and pretzels.
- Drink at least 1 cup of liquid after each loose bowel movement.

Things **NOT TO DO** if you are having diarrhea:

- Try not to eat greasy, fried, spicy or very sweet foods.
- Some people with diarrhea may begin to have trouble digesting milk. If this is a problem for you try limiting milk to less than 2 cups a day or you can use Lactaid milk.
- Avoid drinks and foods that cause gas, like carbonated drinks and gas-forming vegetables. (try leaving carbonated beverages open for 10 minutes before drinking them).
- Limit use of sugar-free gums and candies made with sorbitol.

If you have questions regarding this diet or are having weight loss or loss of appetite in addition to diarrhea, contact the oncology dietitian at 718-8479.

Food List

	Allowed	Do not eat
Meat and meat substitutes	Baked or broiled beef, pork, chicken (without skin), liver, turkey, eggs, fish	Fried or spicy meats; nuts and seeds, peanut butter; cooked dried beans (black beans, kidney beans, pintos, black-eyed peas)
Breads, cereals, rice and pasta	White bread and rolls; White rice; White pasta; Cream of wheat, grits or oatmeal; Cornflakes, rice krispies or Cheerios; Pancakes, waffles, cornbread, muffins, graham crackers; White bagels; Soda crackers	Whole-grain breads; Breads with nuts or seeds in them; Bran, high fiber cereal; Granola; Brown rice; Whole grain pasta; Whole grain bagels
Dairy	Low-fat cheese, low-fat yogurt, 1% or skim milk	Regular cheese
Fruits and Vegetables	Canned or cooked fruit; Bananas; Applesauce; Cooked asparagus, beets, carrots, potatoes, green beans, acorn squash, peas;	Fresh unpeeled fruit; Dried fruit; All other vegetables; Fried vegetables; French fries; Cooked dried beans (black beans, kidney beans, pintos, black-eyed peas); Salad
Condiments and desserts	Salt and pepper; Butter and Margarine (in moderation); Low-fat, bland salad dressings; Jello; Sherbet; Cakes and cookies; Fruit pies	Salsa, relish, spicy spreads and spicy salad dressings; Dried fruit; Ice Cream; Rich desserts or those made with nuts, seeds or coconut;
Beverages	Water; juice; Decaffeinated coffee, tea and soda, Lemonade, Kool-Aid, Gatorade, Pedialyte, 1% or Skim milk	Caffeinated coffee, tea and soda;
Other	Pretzels, honey, sugar, popsicles, rice cakes	Popcorn, tacos, gravy, Potato chips, corn chips, tortilla chips