

## LOW ROUGHAGE DIET - GENERAL RECOMMENDATIONS

1. Eat smaller amounts at frequent intervals, rather than 2 or 3 larger meals.
2. Avoid eating or drinking very hot or ice-cold beverages or foods, since they stimulate bowel activity
3. Drink an adequate amount of liquids, but include them between meals, rather than with meals, to help prevent fullness.
4. Avoid spicy, greasy and fried foods
5. Include potassium-rich foods in your daily diet. Potassium is an important mineral in the body, and is lost when diarrhea occurs. Good potassium sources include: canned apricots and apricot nectar, bananas, oranges and grapefruit and their juices (if tolerated). Other good sources include cooked asparagus, carrots, mushrooms, winter squash, white and sweet potatoes, spinach, pumpkin and Swiss chard.
6. If you have cramps, stay away from foods that encourage gas or cramps, such as carbonated drinks, beer, beans, cabbage, broccoli, cauliflower, onions and highly spiced foods.
7. Use less roughage in your diet by eating only cooked vegetables, and omitting foods with seeds, tough skins, or whole grain.

<b>FOOD LIST</b>	<b>Recommended</b>	<b>Foods That May Cause Distress</b>
<b>High-protein</b>	Baked or broiled beef, pork, chicken, liver, turkey, veal, eggs, fish, milk, cheese, yogurt.	Dried peas and beans such as lentils, kidney beans, white beans, nuts, seeds, peanut butter, and very spicy, fatty meats.
<b>Breads, cereals, rice, and pasta</b>	Bread and rolls made from refined, white flour; pasta; converted or instant rice. Refined cereals such as farina, cream of wheat, cream of rice, oatmeal, cornflakes. Pancakes, waffles, cornbread, muffins, graham crackers.	Whole-grain breads and cereals such as whole-wheat and rye bread, bran, shredded wheat, granola, wild rice.
<b>Fruits and vegetables</b>	Soups made with allowed cooked vegetables: asparagus tips, beets, carrots, peeled zucchini, mushrooms, celery, tomato paste, tomato puree, tomato sauce, green beans, acorn squash, baked potato without skin. Canned, frozen or fresh fruit.	Fresh, unpeeled fruit, pears, melon. All other vegetables.
<b>Beverages, desserts, and miscellaneous</b>	Butter, margarine, mayonnaise, salad dressing, vegetable oil, cake, cookies, flavored gelatin	Desserts with nuts, coconut, dried fruit, chocolate, licorice,

	desserts, sherbet, fruit pie made with allowed fruit, decaffeinated beverages.	pickles, popcorn; foods with a lot of pepper, chili seasoning, taco seasoning, hot sauces
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