

## Low Residue Diet



A low residue diet is a low fiber diet with added restrictions that is designed to reduce the amount of stool in the large intestine. This diet is a temporary eating plan with the goal of "resting" the bowel.

Low residue diets may be prescribed during flares of inflammatory bowel disease (Crohn's disease and Ulcerative Colitis), before or after bowel surgery.

### Pros:

The diet is based around low-fiber foods that are easy to digest and likely to slow bowel movements and limit diarrhea.

A low residue diet also slows the transit of food through the intestinal tract. This enhances the absorption of nutrients and has a positive impact on general health.

### Cons:

Consuming low residue diet can cause deficiency of certain vitamins and minerals.

It may reduce the good bacteria in the intestinal tract.



### Recommended intake of fibre for low residue:

A low residue/low fibre diet contains less than 10 gms. of fibre per day and focusses on foods that contain very little fibre.

## Low-FODMAP Diet

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, (certain carbohydrates) and Polyols (sugar alcohols), which are poorly absorbed by the body, resulting in abdominal pain and bloating.

The low FODMAP diet is based on eliminating high FODMAP foods for period of six weeks and then gradually reintroducing the foods, one by one, while observing symptoms of IBD like bloating, diarrhea, constipation, abdominal pain.

### Pros:

Reduces digestive symptoms like stomach pain, bloating, reflux, flatulence and bowel urgency.

Several studies have found the low-FODMAP diet improves overall quality of life.

### Cons:

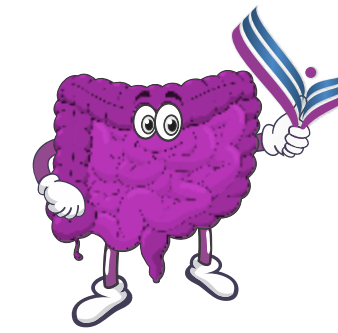
Low FODMAP is a highly restrictive diet and is especially hard for anyone who likes to eat a broad range of fruit and vegetables.

It may cause deficiency of certain vitamins and minerals.



### Caution:

Low FODMAP diet should be started under the supervision of a dietician for six weeks only.



## Special Diets in IBD

Low Residue Diet

Specific Carbohydrate Diet

Anti-Inflammatory Diet

Low-FODMAP Diet

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## Specific Carbohydrate Diet

The Specific Carbohydrate Diet (SCD) is an elimination diet that emphasizes the removal of certain types of carbohydrate-containing foods. Disaccharide and polysaccharide carbohydrates are poorly absorbed in the gastrointestinal tract, causing bacterial and yeast overgrowth. This results in overproduction of mucus.

Continued ingestion of these carbohydrates leads to an overgrowth of unhealthy bacteria in gut which promotes inflammation, eventually reducing the ability to digest.

Strict adherence to the SCD eventually starves these bacteria by depriving them of food, allowing the gut tissue to heal.

### Pros:

This diet improves symptoms of IBD.

### Cons:

Eliminating these foods without replacing their key nutrients could result in poor diet quality and subsequent nutritional deficiencies.

The SCD could increase the risk of malnutrition and associated complications.



## Anti-inflammatory Diet

An anti-inflammatory diet consists of foods that prevent or reduce low-grade chronic inflammation, often resulting from lifestyle factors like stress and a lack of exercise. This diet involves replacing sugary, refined foods with whole, nutrient-rich foods. An anti-inflammatory diet also contains increased amounts of antioxidants.

### Pros:

May help a person feel more comfortable by alleviating some symptoms of inflammation.

May help the person avoid some of the potential health problems that chronic inflammation can cause.











### Vegetarian diet and inflammation:

Vegetarian diet increases levels of certain fatty acids that reduce inflammation and promote repair and growth of skeletal muscle tissues.









Consuming animal products increases the risk of inflammation in body while vegan diet reduces inflammation.

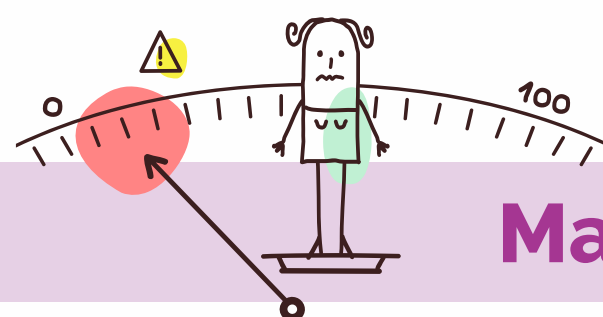
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### Low residue diet foods to be included and avoided

Food categories	Include	Avoid
Grains 	Refined flour, white rice, refined cereals and pastas	Whole grain breads, cereals, and pastas
Fruits 	Fresh fruits including ripe bananas, apricots, honeydew, papaya, mango, peach, plums, and watermelon	Fruits with seeds, whole citrus fruits, pears, guava, Apples with peels
Vegetables 	Most vegetables with soft texture that are well cooked	Cauliflower, cabbage, broccoli & raw vegetables
Proteins 	All fish, lean meats (ground and tender), eggs, well cooked lentils, firm tofu	High-fat meats, tough meats
Nuts, seeds, legumes 	Pureed nuts	Whole seeds and nuts
Dairy 	Yoghurt, Paneer, milk if tolerated	All others
Beverages 	Decaffeinated beverages, Clear juices without skin or seeds, like apple or cranberry, Strained vegetable juices	All others
Other 	Oil, margarine, butter, mayonnaise, and salad dressings	Not specified

### Low-fodmap diet foods to be included & avoided

Food categories	Include	Avoid
Grains 	Gluten-free foods, oat, rice, quinoa	Wheat, barley, rye
Fruits 	Banana, blueberry, grape, kiwi, lemon, lime, melons (variety), orange, pineapple, raspberry, strawberry	Apple, apricot, blackberry, canned fruit, date, dried fruit, grapefruit, mango, pear, peach, plum
Vegetables 	Bell pepper, broccoli, carrot, corn, cucumber, eggplant, lettuce, potato, spinach, spring onion greens, tomato, turnip, zucchini	Beetroot, cauliflower, cabbage, garlic, mushroom, onion, pea, sweet corn, sweet potato
Proteins 	All meats, all lentils and soy tofu	None except processed meat
Nuts, seeds, legumes 	Almond, chia seed, pumpkin seed, walnut	Bean, cashew, chickpea, pistachio, soybean
Dairy 	Lactose-free yogurt and milk	Cow-goat-sheep milk, condensed, and evaporated milk; buttermilk; soy milk; soft cheese & cream
Beverages 	Fruit and vegetable juice made with allowed foods	Coconut water, green tea, soft drinks, sports drinks, white tea
Other 	Brown sugar, dark chocolate, stevia	Milk chocolate, honey



## Malnutrition & IBD

IBD may cause a variety of symptoms and complications, which, if not addressed, can lead to nutritional deficiencies and malnutrition.

#### Signs and symptoms of Malnutrition are:

- ▶ Lack of appetite
- ▶ Tiredness and irritability
- ▶ Inability to concentrate
- ▶ Always feeling cold
- ▶ Loss of fat, muscle mass, and body tissue









#### Why patients become malnourished?

- ▶ **Severe diarrhea** (excessively frequent or excessively liquid stools) can cause dehydration, and loss of nutrients, and/or electrolytes (especially sodium, potassium, magnesium, phosphorus, and zinc and can also lead to weight loss.
- ▶ **Abdominal pain and nausea** can reduce appetite, making it difficult to consume enough calories and obtain sufficient nutrients.
- ▶ **Rectal bleeding**, resulting from ulcers that form in the intestines. This can lead to loss of iron and anemia.









#### How to avoid malnourishment in IBD

- ✓ Eat a diet that is well-balanced and avoid foods that worsen IBD symptoms.
- ✓ If the diet is limited due to IBD symptoms, it may be helpful to check with dietician to identify a list of foods that will help to keep up a well-balanced, nutritious diet.
- ✓ Get checked for vitamin and mineral deficiencies

### Specific carbohydrate diet foods to be included and avoided

Food categories	Include	Avoid
Grains 	None	All cereal grains
Fruits 	All fresh fruits	Canned or frozen fruits
Vegetables 	Most of the fresh vegetables	Potato, yam, corn, canned or frozen vegetables
Proteins 	All non-processed meats, all lentils and tofu	Processed meats
Nuts, seeds, legumes 	Lentil, split pea	Most legumes (eg, Chickpea, soybean)
Dairy 	Lactose-free milk and yoghurt	Milk & milk products, ice cream, whey powder, yoghurt, buttermilk, cheese
Beverages 	Wine	Instant tea, instant coffee, soybean milk, beer
Other 	Saccharin, honey, butter	Chocolate, margarine,

### Anti-inflammatory diet foods to be included and avoided

Food categories	Include	Avoid
Grains 	Oat	Gluten-based grains
Fruits 	Most allowed if pureed and seeds are strained out	Fruits with seeds
Vegetables 	Most vegetables with soft texture that are well cooked	Cauliflower, cabbage, broccoli
Proteins 	All fish, lean meats, eggs, all lentils and soy tofu	High-fat meats
Nuts, seeds, legumes 	Flax seeds and chia seed as tolerated, pureed nuts	Whole seeds and nuts
Dairy 	Yoghurt, paneer	All others
Beverages 	Decaffeinated beverages, clear juices without skin or seeds, like apple or cranberry, strained vegetable juices	All others
Other 	Honey	Not specified