



Prostate Health Experts

LOW RESIDUE DIET FOR PATIENTS UNDERDOING RADIATION

A change in bowel habits is a common side effect of radiation to the pelvis. Following a low residue diet can aid in reducing the amount of frequency of bowel movements you may be experiencing. The following list includes foods to include and foods to limit. Following these guidelines will help you maintain an adequate diet but reduce the foods that could lead to increased intestinal gas.

INCLUDE

LIMIT

BEVERAGES

DECAFFINATED coffee, tea and cocoa may be included, as well as fruit drinks and milk as listed.

CAFFINATED coffee, tea and cocoa, as well as carbonated or alcoholic beverages should be limited. Limit drinks made from a powder, such as Gatorade or Kool-aid.

Note: Cranberry juice can help reduce bladder irritation and reduce urinary burning or stinging.

Note: Caffeine, alcohol and artificial sweeteners can irritate the bladder and contribute to frequent urination.

MEAT

Lean and tender meats: beef, veal, lamb, liver, pork, ham, crisp bacon, seafood, tuna, chicken, and turkey without skin. Meat may be fried if tolerated, otherwise roast, bake, boil or broil meat. Smoked and preserved meats and fish, such as luncheon meats and hotdogs, may also be tolerated

Limit tough, fibrous meats with gristle. Chili

MILK AND MILK PRODUCTS

Whole, 2%, skim, buttermilk and most cheeses may be tolerated. Yogurt with included fruits may also be tolerated.

Try to limit cheese with seeds or hot peppers. Also try to limit yogurt with fruits or seeds.

VEGETABLES

Cooked spinach and well cooked/canned vegetables, other than those listed as ones to limit, may be tolerated.

Limit all raw vegetables. Also limit artichokes, broccoli, brussel sprouts, cauliflower, corn, cabbage, cole slaw, dried beans and peas (lima, navy, garbanzo and soy beans), eggplant, green peppers, greens, lentil, onions, okra, parsnips, peas, pumpkin, winter squash, rutabaga and sweet potatoes.

Note: Raw vegetables can irritate the bowels.

FRUITS

Include ripe banana, as well as the following cooked or canned fruits: applesauce, peeled apples, apricots, cherries, fruit cocktail, grapefruit, mandarin oranges, peaches, pears, pineapple, plums and smooth cranberry sauce.

Limit all raw fruits except bananas. Also limit cooked, canned or frozen fruits not listed, especially with seeds and peelings. Limit dried fruits and rhubarb especially.

Note: Raw fruits can irritate the bowels.

EGGS

All eggs can be included, and fried eggs may be included if tolerated.

BREAD

White, French, Italian, melba toast, bread crumbs, rusk, Zwieback and saltines may all be included.

All pastries with nuts, raisins, coconut, currants and candied fruit should be limited. Also limit breads containing whole grains, bran, fruits, nuts, seeds, etc.

CEREALS

Cream of Wheat, farina, grits, cream of rice, Malt-o-Meal, baby cereals, Special K, Rice Krispies, Cornflakes, Kix, and Cheerios with less than 2 grams of fiber per serving may all be included.

Limit all other cereals, especially those containing whole wheat, whole grains, fruits and nuts.

STARCHES

White rice, noodles, macaroni and spaghetti may all be included.

Limit brown and whole grain rice. Baked Beans

FAT

Butter, margarine, mayonnaise, oil, sour cream and cream in moderation may be included. Gravies and salad dressings with allowed ingredients may be included. Creamy peanut butter may also be included.

Limit all other fats, including chunky peanut butter.

DESSERTS

Plain pudding and custards, as well as gelatin desserts, fruit whips, ice cream and sherbet may be included. Plain cakes with smooth icing, cookies without nuts, hard fruits, whole grain flours, etc. may be included. Cheesecake and popsicles may also be included.

Limit all products containing nuts, seeds, coconut, hard fruit, tough skins, whole grains or other foods that should be limited.

SWEETS

Sugar, syrup, honey, jelly, hard candies, and plain milk chocolate may all be included.

Limit all other sweets, including those made from artificial sweeteners.

JUICES

All juices not on the "limit" list may be included, including strained vegetable juice.

Limit fresh squeezed juice, particularly prune juice.

Note: Cranberry juice can help reduce bladder irritation and reduce urinary burning or stinging.

SEASONINGS AND CONDIMENTS

Catsup and mustard may be included, as well as vinegar as tolerated. Anything not on the "limit" list may be included.

Limit olives, pickles, all relishes and nuts.

SOUP

Bouillon, canned and cream soups with vegetables may be included.

Limit dried pea, bean and onion soup.

Individual tolerances may vary with the low residue diets. Fried foods and highly seasoned foods may be poorly tolerated.