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To start with, the low residue diet is the one that is designed especially so that the overall frequency of visits to your bathroom can be reduced and transit time in the intestinal passage is somewhat increased. The total undigested items as well as fiber which pass through the intestine are restricted on such a type of diet. Due to this, diet will eventually reduce the stools that you will have thereby helping to alleviate stomach pain, diarrhea and other flare ups of inflammatory bowel disease.

While you can even lose some weight with low residue diet, the diet is actually made to help the people who face certain stomach conditions. Generally this type of a diet removes the indigestible foods from the diet so that the body doesnâ€™t need to work as rigorously to process the food.

Some important benefits of low residue diet include the alleviation of annoyances with the digestive system. The diet is generally prescribed from the medical professional after surgery or when you experience flare up of the digestive problems like inflammatory bowel disease.

The other examples of some food items which can be consumed with the low residue diet include:

ïƒ¼ Dairy products like milk, yogurt, pudding and others

ïƒ¼ Juiced fruits and vegetables which do not contain the seeds or pulp

ïƒ¼ Oils like margarine and butter

ïƒ¼ Lean meats

ïƒ¼ Syrups, honey and salad dressings

People who follow the low residue diet can select the vegetable juices and thus avoid some vegetables such as cauliflower, kale, broccoli, Brussels sprouts, Swiss chard, cabbage and others. Rather than eating such vegetables, people on this diet can even take the vegetable juices like of celery, carrots, zucchini, yellow and green beans, mushrooms, cucumber and eggplant. Some fruits that can be included in this diet are apricots, canned fruits, watermelon, cantaloupe, bananas and applesauce.

The people who follow the low residue diet are generally advised to take the daily supplements as well as they would be missing the recommended nutrients with such a diet. As many a people do not eat the high fiber foods on a regular basis, the low residue diet can be thus simple to use and adopt.

As the low residue diet food items are completely opposite of what the nutritionists think of the healthy diet, this diet is recommended only for short durations when you face the flare up or recovery after some surgery has been performed. It needs to be noted that one should not switch to the low residue diet automatically just because one has been diagnosed with irritable bowel disease. It is best to consult the physician before you start some diet such as the low residue one.

So, when you face some problems related to your digestive system or stomach, it is best to follow the low residue diet. There are a number of sites that offer the best of diet plans of this sort. You can check out at these sites and see the diets, menu and food items that can be followed on such a diet.

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a Low residue diet is a great one when you face some digestive difficulties like irritable bowel disease or others.

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