

Zdravotníků 248/7, 779 00 Olomouc
Tel. 588 441 111, e-mail: info@fnol.cz
Company ID: 00098892

DEPARTMENT OF CURATIVE NUTRITION

Diet No. 5 with restrictions on non-digestible residues

The purpose of recommending a diet with restrictions on non-digestible food is to exclude crude fibers which irritate the mucosa of the gastrointestinal tract and increase its tension and intestinal peristalsis. The diet is recommended during inflammation of the intestine due to diarrhea, chronic diarrhea, Crohn's disease, worsening of intestinal diverticulosis, temporarily after or before surgeries of the gastrointestinal tract.

Characteristics of the diet:

- it is a balanced diet which means that it should provide enough energy, essential nutrients, vitamins, and minerals, and it can be followed short-term as well as long-term,
- attention must be paid to food that contains non-digestible components such as crude fibre, peel (such as fruit peel), seeds, pips (crude fibres is mainly in peel of grains, cereals, fruit, vegetable, nuts, legumes, and whole grain products) - these must be completely excluded from diet,
- it is not recommended to consume milk as an individual drink,
- food should be easily digestible, not cause flatulence, and without any crusts, peels, or seeds,
- it should exclude food which is fried, fatty, spicy, overly seasoned, too sour, or too sweet (sugar promotes fermentation of the intestinal content),
- ideally, food should be spread into 5 to 6 smaller portions throughout a day,
- meals and drinks are not to be consumed too hot or too cold,
- menu comprises selected food, however, the food tolerance can differ in individual cases,
- if intolerance of some recommended food occurs or such food may cause recurring problems, it must be excluded from the diet,
- During diarrhea, it is necessary to increase the intake of fluid and well-balanced animal proteins.

Technological treatment of food:

- meals are prepared so as to be easily digestible and to not irritate the digestive tract, that is, cooking, stewing, baking without fat in the (aluminum) foil, in water bath or under the lid, in the steam or in the hot air oven,
- onion base, frying, classic baking or toasting using fats is to be avoided,
- meat is roasted on a non-stick surface (preferably on Teflon dish) without any use of fat, then water or non-fat broth is added and then left under the lid until it is soft,
- all meals must be prepared thoroughly until they are soft, without crunchy crust, and can be finely chopped, grated, crushed or mixed before served,
- do not use classic roux, but rather slightly roasted flour without any fat or flour mixed in water or in a small amount of milk which is then cooked well, or you can use Solamyl, finely chopped potatoes or vegetables pressed through a sieve,
- fresh butter or vegetable oil is added in small quantities when the meals are ready.

Selection of food and meals

Food groups	SUITABLE	UNSUITABLE
Bakery products	white bakery products without any spreading and which do not cause flatulence - French bread, rolls, bagels, crispbread, white toast bread, low-fat braided sweet bread without raisins when on home treatment - older bread, low-fat biscuits	fresh bread, fresh yeast bakery products, whole-grain and cereal bakery products, croissants, doughnuts, cakes made with yeast, puff pastry, müsli, cereals, cornflakes
Side-dishes, grains	potatoes, potato puree, rice, pasta, couscous, potato or bread (semmelknodel) dumplings, semolina gnocchi, halušky (special type of grated potato dumplings), spätzle (soft egg noodles), white flour, semolina. in small amounts in a soup - oat flakes, hulled grain and groats - all pressed and well cooked	non-peeled potatoes, fried or roasted potatoes, potato pancakes, fries, potato croquettes, non-peeled rice, uncooked rice, whole-wheat pasta, whole-wheat couscous, millet, bulgur, buckwheat, whole-wheat flour
Meat, fish, offal-meat	only lean - beef, veal, pork (leg, chop, roast), chicken, turkey, rabbit, liver. fish with low fat - fillets, cod, tilapia, pangasius, tuna, hake, trout, pike, carp without skin, salmon without skin, tuna in own juice	fried and smoked meat, fat and streaky meat - pork flank, pork neck, fatty poultry (duck, goose), venison, other offal meat, spicy and fat fish (guppy, caviar, sour fish, rollmops, sardines, mackerel, eel); fish salads from a market, pickled fish, fish fingers, fish in oil

Food groups	SUITABLE	UNSUITABLE
Smoked meat products	high-quality, lean, with high meat content - ham of supreme quality, prime - poultry and pork, ham salami, chicken wieners, turkey wieners, veal wieners, poultry pâté, ham mousse	fatty smoked meat and sausages, durable and fatty salami, bacon, blood sausages, brawn, pork jowl, fatty pâté
Eggs	as a stand-alone dish - cooked, in spreading, for preparation of meals - dough, soups, spinach, soufflé	eggs in high quantity, prepared in a way which is difficult to digest, prepared using fat or oil, with bacon, or with mushrooms (scrambled mushrooms)
Milk, dairy products	Milk as a drink is not recommended, only based on individual tolerance - low-fat and semi-fat fermented milk products - kefir, buttermilk, acidophilus milk, actimel, natural and fruit yogurt milks, white as well as allowed fruit flavor yogurts with up to 3% of fat , cheese with up to 18 g of fat in 100 g of cheese - slices, cottage-like, natural, processed without spices Low-fat curd - hard, grated, and soft, flavored, pudding, cottage cheese	whole-fat milk, condensed milk, cream, sour cream, fermented cream, whipped cream, fat curd, sweet cream-like yogurt, spicy cheese, smoked cheese, matured cheese, cheese with mould, fat cheese with more than 18 g of fat in 100 g of cheese, cream yogurts and fat dairy desserts - with chocolate, nuts, fruits, and seeds
Fat	for bread spreading - fresh butter, spread butter, high-quality margarines - more difficult to digest, for prepared meals - high-quality vegetable oils (rapeseed, olive, sunflower, soybean, rice, etc)	greasy fats and oils, hardened fats (Ceres Soft), lard, cracklings, tallow, spicy flavors of spreads - horseradish, garlic, pepper, onion
Fruit	fresh, ripe - banana, apple (peeled with removed core and finely grated), fruit pureé without seeds - apricot, apple, peach, nectarine; canned fruit, peeled - apple, apricot, peach, fruit juices with water - grapes, oranges, mandarins, lemons, grapefruit, pomelo, jams and fruit jelly - from types of fruits that are allowed and without seeds	not ripe and too sour fruit, with thick peel, with seeds - pears, currant, gooseberry, strawberry, raspberry, blackberry, blueberry, dates, figs, grapes with seeds, kiwi, pineapple, avocado, pomegranate, dried fruit, poppy, nuts, almonds, coconut
Vegetable	not raw - grated, steamed, or cooked carrot; carrot pureé, steamed spinach, grated in a soup in small amount - carrot, celery, parsley root, juice - tomato, carrot, tomato paste, finely chopped leaves of lettuce and romaine lettuce (use lemon instead of vinegar for the dressing) during rest period - steamed pumpkin, in small amount in a soup - green peas, broccoli, and cauliflower	other types of vegetable, fresh vegetable, corn, legumes, onion, garlic, horseradish, mushrooms, champignon, oyster mushroom
Desserts	rarely, not too sweet, non-fat - made of sponge dough, cheese, semolina, egg whites, choux pastry, pudding and stuffing	Fried sweets, puff pastry, Linzer dough pastry and fat yeast dough, butter creams, ice creams, chocolate
Spices	not too aromatic or hot - salt, ground caraway and cumin broth, small amount of vegeta, green stalks and herbs - parsley, chives, marjoram, and dill sweetening - limited sugar, glucose (grape sugar), honey individually	other kinds of spices, mustard, vinegar, mayonnaise, Tartar sauce, ketchup, Worcestershire sauce, soy sauce, hot spices, pepper
Drinks	tea, water, filtered water and non-sparkling mineral water, syrups, fruit juices with water, individually - lightly diluted cocoa, white coffee from chicory, or Caro	sparkling mineral water, alcohol, beer, coffee beans, strong cocoa, cold and hot beverages
Others	leavening - with air, soda, snow white, baking powder	yeast, instant soups and sauces, semi-finished products, ready meals, fast food, fried food, chips, cigarettes

Other recommendations:

Other dietary supplements include drinks with defined amount of energy and essential nutrients, i.e., **sipping**. Sufficient **fluid intake** is important, 2 to 2.5 L of fluids daily in order for the stool to be slurry. Insufficient fluid intake can cause constipation and blockage of the stoma. Fluid intake is independent of the solid food. During rest period, it is allowed to drink small amount of red wine with the meals, about 1 to 2 glasses. Drinking beer poses a risk due to CO₂ saturation.

Probiotics (bifidobacterium bifidum, lactobacillus acidophilus, etc.) are used to protect the digestive tract, to lower cholesterol levels, to fight infections, and to harmonize digestion after antibiotic treatment (yoghurt, yogurt milk).

To **reduce diarrhea**, it is appropriate to eat: rice and carrot broth, well cooked rice, finely grated apples without skin, bananas, white bread, older white bread, black unsweetened tea, dried blueberries, etc.

Contact:

Department of curative nutrition, nutrition consultant: 588 444 342, 4 346, e-mail: poradna.vyziva@fnol.cz