


High residue diet

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High residue diet

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A low-risk diet is a diet generally recommended by the doctor to people with digestive problems or diseases. Following this diet, the frequency and volume of intestinal movements is reduced, while at the same time prolongs the transit time in the intestinal tract. The low-risk diet limits the intake of indigestible carbohydrates. It reduces the number of fruits and vegetables that consume, and when these foods are eaten, they are well cooked or canned. Legumes, seeds and walnuts are deleted from the low risk diet. Integral bread and cereals are avoided and replaced with refined foods. The digestion process is not 100% efficient. All we eat is digested so that our body can extract vitamins, fats, proteins and calories we need. Everything that remains after this process is known as "residue". The residence is wasted, a more cute name for fecal matter. Some foods increase the volume of waste, while other foods can reduce the volume. Jummy / Getty Images The goal of the low-risk diet is to give the bowels a rest. It is recommended for people with intestinal inflammatory disease, Crohn's disease and ulcerative colitis. The doctor can order this diet before and after intestinal surgery. The low-risk diet is also useful for people developing tumors in the intestine. This is not a diet that starts throughout the year; It is intended only as a temporary rest for the digestive system. Ryanking999 / Getty Images A low-risk diet differs from a low fiber diet in many ways. While both limit fruit, vegetables, legumes, nuts and whole grains, a low-risk diet has many other restrictions that go beyond the limitation of the fiber. Low fiber diets generally advise you to get only 5 to 15 grams of fiber a day. Low risk diets, on the other hand, go beyond this, cutting food like plum juice, leafy vegetables, bran cereals, popcorn and limiting dairy products. Marina di Marina ZG / Getty Images When eating the recommended food for the low-risk diet, you don't need to use the bathroom as often. While the high fiber is not in and due to the problems experienced by people with digestion problems, encourages multiple intestinal movements. This diet reduces the frequency and intensity of intestinal movements, which can be a great advantage for patients with digestive diseases. People with Crohn's disease, for example, can reduce their painful experiences if they have fewer intestinal movements. Tatiana Volgutova / Getty Images If you've ever had a colonoscopy, you can remember your diet needed for the days before the exam. The traditional diet before a colonoscopy is chicken and jello broth, which can leave you drone. And hungry the day of your exam. Enter the low-risk diet. Researchers have discovered this diet makes people less hungry and less prone to Letargia before exams. Many people avoid colonoscopes due to the previous diet. Low-risk diet provides better food best food And he realizes the same result. Zerbor / Getty Images For some people with digestive diseases such as Crohn's disease, flare-ups can occur if they eat foods in low residue diet, specifically dairy products and foods containing gluten. The proteins á €

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