

# LOW RESIDUE PLAN

## ATHLETES

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### FOODS IN BLACK = LOW RESIDUE FOODS IN RED = HIGH RESIDUE

#### GRAINS / STARCHES

Low fibre cereal (<2g/ serving) i.e. corn flakes, rice crispies  
Rice cakes, lower fibre grains

#### GRAINS / STARCHES

ALL BRAN or cereals with >2g fibre/serving

Oat Bran OR Oatmeal

Whole grains with high fibre or thick seed coating

BEANS (chickpeas, pinto beans, black beans, lentils, etc...)

#### CORN / POPCORN

AVOID Metamucil or Psyllium type products or bars

INULIN (chicory root), many sport bars add to increase fibre

#### VEGETABLES and FRUIT

Over cooked non-fibre veggies (i.e. carrots, green beans)

Tomato sauces

Pureed fruit / low seed options / low thick skin options

Bananas / freshly squeezed juice or low fibre oranges

Spinach (can put in a smoothie, lower residue than other green)

#### VEGETABLES and FRUIT

Broccoli, Brussels sprouts, cabbage, cauliflower,

RAW veggies (i.e. red peppers, celery, snap peas)

Fresh fruit with seeds / thick skin (Pears, apples)

#### OTHER FOODS

Smooth nut butters

Dairy products without fibre (milk, yogurts)

Meal replacement drinks

#### OTHER FOODS

CHIA

FLAXSEEDS

Whole Nuts and seeds

Dried fruits

### What is a low residue plan for athletes?

24-48 hours from competition, high fibre foods are limited

### Why would this be helpful or useful for athletes?

Fibre is made up of certain plant structures that are not easily or digested by the human gut. By reducing the amount of fibre consumed a few days prior a competition or weigh-in, less bulk will remain in the gastrointestinal (GI) tract (this is often a reduction of about 0.5-1.5 kg). Also, a low residue plan prior a competition may reduce GI problems without impacting energy levels.

### Should an athlete always follow a low residue plan?

#### NO!!!

Fibre is a very important component for health and the gut microbiome. Not to mention the plethora of other nutrients many high fibre foods contain.

### How?

**48 hours** prior swap high food choices with lower fibre options at breakfast and snacks

**24 hours** prior look at swapping at main meals or even using 1 liquid type meal

#### EXAMPLES:

**Breakfast:** Low fibre homemade pancake with banana + yogurt

Toast + eggs + fruit cup

**Lunch:** Homemade chicken noodle soup + cooked low fibre veggies + fruit cup

Similar to supper options

**Supper:** Roast chicken, white rice, cooked carrots or spinach (if need more maybe dinner roll + spread

Baked chicken, white rice or baked potato without skin, and cooked green beans

Broiled fish, white rice, and cooked green beans

**SNACKS:** yogurts mixed with fruit cup or apple sauce, meal replacement drinks, rice cakes with honey + PB

**Label Reading:** Compare different brands to help follow a low residue plan