

PATIENT INFORMATION

Low Fibre/ Low Residue Diet

Why follow a low fibre/low residue diet?

A low fibre/low residue diet is recommended when people need to avoid foods that may irritate an inflamed bowel or obstruct narrowed parts of the bowel.

What is a low fibre/low residue diet?

A low fibre/low residue diet is made up of foods that are easily digested and absorbed leaving a minimal residue in the bowel.

How long do I need to follow this diet for?

This diet is usually temporary but can sometimes be longer term depending on your condition and symptoms.

While following this diet...

- Chew foods slowly and thoroughly
- Ensure that they are soft and well cooked
- Avoid tough or stringy foods
- Avoid skins, pips and seeds
- Avoid raw or hard vegetables
- Avoid tough, fibrous, gristly meat
- Include as wide variety of suitable foods as possible
- Aim for five portions of fruit and vegetables from the "ALLOWED FOODS " list each day
- Some people may tolerate smooth, blended fruits and vegetables such as smoothies or soup
- Contact your doctor, nurse or dietitian if you are unintentionally losing weight

	ALLOWED FOODS	FOODS TO AVOID
Vegetables All vegetables must be well cooked. Remove skins and seeds where possible.	De-skinned potato, sweet potato, butternut squash Root vegetables such as carrots, parsnip, swede, turnip Peeled cucumber, skinned & deseeded tomatoes and peppers, avocado, cauliflower & broccoli florets (no stalks) Peeled marrow, aubergine, courgette. Finely chopped and well-cooked onion	Potato skins, celery, sweet corn, raw vegetables, French, green or runner beans, mange tout, radish, artichokes, fennel, leeks, peas, mushrooms, asparagus Green leafy vegetables for example cabbage, kale, Cavolo Nero, Brussel sprouts, spinach Coleslaw Chunky soups

	ALLOWED FOODS	FOODS TO AVOID
Fruit All fruit should be soft and ripe with skins, pips and seeds removed	Banana, tinned peaches, tinned pears, tinned mandarins, lychee, stewed apple, soft and de-skinned pears, peaches, nectarines, fruit juices	Dried fruit, fresh fruit with peel or seeds such as kiwi fruit, unripe banana, strawberries, blackberries, blueberries, rhubarb, pineapple, prunes, pomegranate, passion fruit, fibrous mango.

	ALLOWED FOODS	FOODS TO AVOID
Bread, grains and flours	White flour, white bread, white bagels, potato cakes, crumpets, pikelets, English muffins, white rice, pasta, rice or egg noodles, cous cous, polenta, ground rice, semolina, tapioca, sago arrowroot, custard powder, cornflour	Wholemeal or granary flours and breads, rye bread, seeded bread, brown rice, wild rice, black rice, wholemeal noodles whole-wheat pasta, wheat germ, quinoa, any other wholegrains
Breakfast cereals	Rice Krispies®, cornflakes, puffed wheat, puffed oats, milled oat products such as Ready Brek® or instant porridge sachets	Branflakes®, wheat flakes, Allbran®, Weetabix®, Shredded Wheat®, muesli, whole porridge oats, bran, granola, Shreddies®, Cheerios®
Crackers and snacks	Plain crackers such as cream crackers, water biscuits Cornish wafers, 'Ritz®' crackers, crisps, puffed maize or corn snacks	Seeded or whole grain crackers such as Ryvita®, Krackerwheat®, popcorn

	ALLOWED FOODS	FOODS TO AVOID
Biscuits and baked products	Plain biscuits such as Rich Tea®, bourbon, custard cream, ginger nuts Plain cakes, plain scones, pastry made with white flour, meringues.	Wholegrain baked goods or biscuits containing dried fruit/nuts such as Digestive, fruit shortcake, flapjack, cereal bars, garibaldi, fruit cake, fruit scones.

	ALLOWED FOODS	FOODS TO AVOID
Nuts, seeds, beans and pulses	Smooth nut butters such as peanut, cashew, almond	Nuts, seeds, coconut, peas, lentils, beans such as baked beans, kidney

	Non-dairy nut drinks such as almond, cashew, coconut, hazelnut drink	beans, butter beans, chickpeas
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	ALLOWED FOODS	FOODS TO AVOID
Dairy products and non-dairy alternatives	<p>Milk, cheese, cream, butter, crème fraiche, smooth yoghurt, custard, rice pudding, milk puddings, mousse, ice-cream</p> <p>Non-dairy alternatives such as soya, oat, almond, cashew, hazelnut drink, soya desserts</p>	Any dairy products containing fruit, nuts, seeds or cereals such as yoghurts with added whole grains or granola

	ALLOWED FOODS	FOODS TO AVOID
Meat, fish, poultry and alternatives Meat should be tender and not stringy, tough or gristly	<p>All tender meat, poultry and fish</p> <p>Tofu, eggs, soya mince</p>	<p>Tinned fish with bones such as sardines</p> <p>Quorn®</p>

	ALLOWED FOODS	FOODS TO AVOID
Other foods	Jam or marmalade without pieces of peel or fruit, honey, syrup, lemon curd, boiled sweets, chocolate, mayonnaise, salad cream, vinegar, gravy, soya sauce, Marmite®, stock and stock cubes, passata, smooth sauces, for example cheese sauce, white sauce, tomato ketchup, smooth mustard, pepper, salt, spices, herbs	Jam or marmalade with peel or pieces of fruit, chocolate with dried fruit and/or nuts, chutney, pickle, wholegrain mustard.

Re-introduction of fibre/residue foods

Your dietitian or doctor will guide you on how and when to re-introduce fibre/residue into your diet.

Remember that you should reintroduce fibre gradually back into your diet. The aim is to identify a level of fibre that you can manage.

Limit foods that you have not been able to manage previously.

When having more fibre in your diet you may need to increase your fluid intake. Aim for 8-10 cups of fluid a day.

When introducing new foods, include one at a time, in small amounts (one third of your normal portion).

Week 1 **Try replacing white bread with wholemeal bread.**

Week 2 **Try a higher fibre breakfast cereal such as Weetabix, Shredded Wheat or Bran Flakes.**

Week 3 **Try fruit and vegetables from the 'avoid' list (not dried fruit).**

Five portions of fruit and vegetables (not including potatoes) are recommended long term for a healthy diet.

Week 4 **Try eating the skins on fruit and vegetables such as apples, pears or potatoes.**

Week 5 **If you are still symptom free, try including any of the other foods from the original 'avoid' list, including dried fruit.**

If a food causes any symptoms of discomfort, exclude it from your diet, but you can try it again at a later date. Some people will tolerate residue better than others. Discuss with your team if you are concerned.

Constipation

Some people need medication to prevent constipation whilst on a low fibre/residue diet. You may find that as dietary sources of fibre are re-introduced you can reduce or even stop these medications.

Sample Menu

Breakfast

- Cornflakes/Rice Krispies® and sliced ripe banana with milk or non-dairy alternative
- Ready break with stewed apple and cinnamon
- Plain yoghurt with tinned peaches
- Scrambled egg with smoked salmon and avocado on white toast
- White bread or toast with butter/spread and smooth peanut butter or jam or Marmite

Meal ideas

- Cottage pie with cauliflower florets
- Grilled salmon with boiled potatoes and roasted butternut squash
- Tofu with sweet and sour sauce and noodles or rice with carrots
- Pasta with pesto, broccoli florets and prawns
- Jacket potato (without skin) with tuna mayo and peeled cucumber and peeled and de-seeded tomato
- Cheese on toast
- Chicken casserole made with potatoes, carrots and parsnips
- Beef stew (meat must be tender) with dumplings and swede
- Baked white fish with cheese sauce and mashed potatoes, cauliflower and broccoli florets
- Frittata made with potatoes, onion (finely chop and cook prior to use) and cheese

Puddings

- Stewed apple or pear with custard
- Rice pudding with stewed plums (no skins)
- Cheese and crackers with ripe pear
- Yoghurt with ripe banana

Given by _____

Contact Number _____

Produced by the department of Nutrition and Dietetics, Torbay hospital

Further copies are available from the intranet (Nutrition and Dietetics website) and iCare.

Last reviewed: November 2018

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.