

## PATIENT INFORMATION

## Low residue/low fibre diet

Information for people who have been advised to follow a low residue/low fibre diet. This is not suitable for people who have a bowel obstruction.

### Why follow a low residue/low fibre diet?

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

### What is a low residue/low fibre diet?

A low residue/low fibre 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. Only follow this diet on the advice of a dietitian or doctor. This diet is restrictive and long-term use may result in nutritional deficiencies. Please discuss with your dietitian or doctor how long you will need to continue with these restrictions. If you are already following a dietary restriction, you should ask your doctor for referral to a dietitian.

### Vegan diets

A low residue/low fibre can be restrictive and it can be hard to find suitable protein sources.

Try including the following:

- Soya mince and products made with soya such as burgers and sausages
- Soya drink (choose products fortified with vitamins and minerals where possible), yoghurts and soya custard
- Tofu and tempeh
- Smooth nut butters
- Vegan protein powders such as soya, rice or pea blends which can be added to sauces and drinks

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

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

	<b>ALLOWED FOODS</b>	<b>FOODS TO AVOID</b>
<p><b>Fruit</b></p> <p>All fruit should be soft and ripe with skins, pips and seeds removed</p>	<p>Banana, tinned peaches, tinned pears, tinned mandarins, lychee, stewed apple, soft and de-skinned pears, peaches, nectarines, fruit juices</p>	<p>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.</p>

	<b>ALLOWED FOODS</b>	<b>FOODS TO AVOID</b>
<b>Bread, grains and flours</b>	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 wholewheat pasta, wheatgerm, quinoa, any other wholegrains
<b>Breakfast cereals</b>	Rice Krispies®, cornflakes, puffed wheat, puffed oats, milled oat products such as Ready Brek® or instant porridge sachets	Branflakes®, wheatflakes, Allbran®, Weetabix®, Shredded Wheat®, muesli, whole porridge oats, bran, granola, Shreddies®, Cheerios®
<b>Crackers and snacks</b>	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

	<b>ALLOWED FOODS</b>	<b>FOODS TO AVOID</b>
<b>Biscuits and baked products</b>	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.

	<b>ALLOWED FOODS</b>	<b>FOODS TO AVOID</b>
<b>Nuts, seeds, beans and pulses</b>	Smooth nut butters such as peanut, cashew, almond  Non-dairy nut drinks such as almond, cashew, coconut, hazelnut drink	Nuts, seeds, coconut, peas, lentils, beans such as baked beans, kidney beans, butter beans, chickpeas

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

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

	<b>ALLOWED FOODS</b>	<b>FOODS TO AVOID</b>
<b>Other foods</b>	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 residue/fibre foods**

- Your dietitian or doctor will guide you on how and when to re-introduce residue/fibre into your diet.
- Remember that you should reintroduce avoided foods gradually back into your diet. The aim is to identify a level of residue/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 residue/fibre diet. You may find that as dietary sources of fibre are re-introduced you can reduce or even stop these medications. Ensure that you drink plenty of fluids (6-8 glasses a day).

## **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 de-seeded 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

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

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