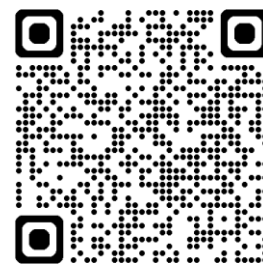


Low Residue Diet



Why do I need a low residue diet?

A low residue (or low fibre diet) aims to reduce the amount of foods that are difficult to digest such as wholemeal and wholegrain products as well as certain fruits and vegetables.

It has been recommended that you follow a low residue diet for one of the following reasons:

- To encourage a reduction in symptoms you are experiencing.
- To help with re-introduction of foods following a liquid diet.
- To assist in the dietary management of your medical condition.
- To prepare you for an invasive procedure.
- For post-operative recovery.
- To minimise symptoms associated with bowel obstruction.

Foods such as wholemeal and wholegrain products together with fruit and vegetables are usually encouraged to help to prevent constipation and promote regular bowel movements. However, these contain fibre or residual skins, pips and seeds which will create bulk in your bowel and may aggravate your symptoms when they pass through your digestive system.

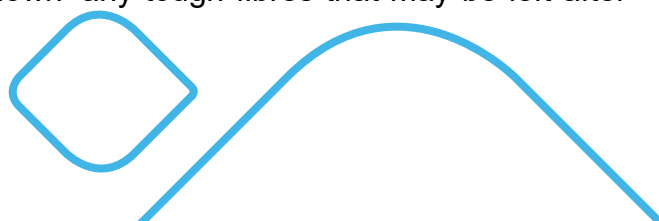
Although high residue foods are often high fibre, other foods are difficult to digest such as tough meats and gristle. These are included in this leaflet.

A low residue diet is normally used as a temporary measure; however, it is advisable that you follow a low residue diet until further advised by your Dietitian or Doctor.

This information can be used as a guide to help you choose low residue foods.

Tips for starting a low residue diet

- Chew food well to a paste consistency. Your saliva contains enzymes that help to break down your food before you swallow. This also means that there is less work for your stomach to do.
- Remove or avoid skins, pips and seeds from all foods. There is a list of foods overleaf which may contain hidden sources of residue.
- Cook vegetables well. This helps to 'break down' any tough fibres that may be left after removing any skins, pips and seeds.

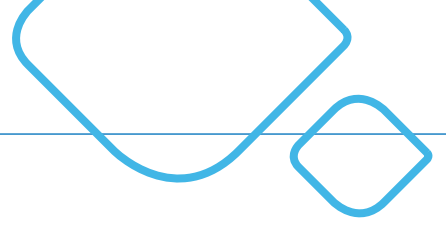


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- Avoid reheated and cold starchy foods such as potatoes, rice and pasta. These become more resistant to digestion during the cooling/reheating process.
 - Many high residue foods naturally contain vitamin C so you may want to consider having a glass of fruit juice (with no bits) or vitamin C enriched fruit drink or squash each day to help meet your daily requirements for vitamin C. Alternatively, you may wish to take a multivitamin.
 - Some laxatives for example psyllium husk, Fybogel®, Fibrelief®, Isogel®, Ispagel®, Regulan® and other medications containing ispaghula husk that you buy over the counter, are not low residue and may not be appropriate whilst on a low residue diet. If you are worried about constipation your Doctor can advise on suitable alternatives for you.
 - Ensure you are drinking enough fluids to prevent constipation. Aim for a minimum of 2L per day.

Additional tips for those with bowel symptoms

If you have been advised to follow a low residue diet because you are experiencing symptoms associated with your condition, then the following may be useful:

- Avoid high fat food. Foods that are high in fat can increase the strength of bowel contractions and can worsen your symptoms.
- Limit your intake of spicy foods and alcohol. These can cause discomfort and abdominal pain because they can act as an irritant to the large bowel.
- Be aware of sugar-free sweets, squash, mints and gum which contain sorbitol, mannitol or xylitol. These sweeteners are known to produce laxative effects.
- Fizzy drinks can add extra gas into the digestive system, which could increase abdominal bloating.
- Caffeine has been related to increased bowel activity which may worsen symptoms.
- If you experience frequent diarrhoea despite this diet, please mention this to your dietitian to discuss any further dietary changes that may help.



Food Choices

	Foods allowed (low residue)	Foods to treat with care (eat to tolerance)	Foods to avoid (high residue)
Breads and cereals	<p>Baked goods made from white flour: Bagels, biscuits, bread, buns, crackers, crisp breads, croissants, crumpets, muffins, pancakes, rolls, waffles, plain scones, white pitta bread, plain naan bread, plain chapatti, poppadum's, pastry, white pizza base.</p> <p>Refined breakfast cereals such as cornflakes, puffed rice.</p> <p>Semolina, corn flour, polenta, white flour.</p> <p>White pasta foods such as macaroni, spaghetti, couscous, fettuccini, egg noodles.</p> <p>White rice (cooked to soft).</p>	<p>Porridge, Ready-Brek®.</p> <p>Bulgar wheat.</p>	<p>Wholemeal, whole grain, granary products, and those containing dried fruit, seeds and nuts: Breads and cereals made with wholemeal, wholegrain, granary, gram, rye, bran, cracked wheat or pumpernickel flour.</p> <p>Breads, muffins, crackers and cereals containing nuts, seeds or dried fruit.</p> <p>High fibre cereals e.g. bran flakes, All-Bran®, Weetabix®, Shredded Wheat®, and those with nuts/seeds including granola mix, muesli and cereal toppers.</p> <p>Brown or wild rice, quinoa, wholewheat pasta, pearl barley.</p>
Fruit Limit to 1-2 portions per day (1 portion = 1 small handful)	<p>Peeled, deseeded, and soft fruit: Avocado, apricots, lychee, cantaloupe & honeydew melon, mango, nectarines, olives, papayas, peaches, watermelon.</p> <p>Canned fruit such as apricots, mandarin oranges, peaches, pears.</p> <p>Fruit juice or drinks (with no bits).</p>	<p>Peeled, deseeded, and soft fruit: Pears, apples, grapes, plums, bananas.</p> <p>Fruit smoothies.</p>	<p>Fruits with seeds, tough skins, or 'stringy' texture: Apple skins, blackberries, blueberries, cherries, citrus fruits, cranberries, grapefruit, kiwi fruit, passion fruit, pineapple, pomegranate raspberries, rhubarb, strawberries.</p> <p>Dried fruits: apple, apricots, currants, coconut, dates, figs, prunes, raisins, sultanas.</p>
Vegetables Limit to 1-2 portions a day	<p>Peeled and deseeded & non-stringy vegetables cooked to soft:</p>	<p>Skinned and deseeded cucumber.</p>	<p>Raw vegetables, and those with tough or 'stringy' texture: Artichoke, bean sprouts, broccoli stalks, Brussel</p>

<p>(1 portion = 1 small handful)</p>	<p>Asparagus tips (young), aubergine, beets, broccoli tops, carrots, cauliflower tops, courgette, marrow, potato, parsnips, pumpkin, squash, sweet potato, squash, swede, turnip.</p> <p>Canned plum tomatoes (remove the seeds).</p>		<p>sprouts, cabbage, cauliflower stalks, celery, coleslaw, French/ green/ runner/ string beans, kale, leeks, lima beans, mushrooms, onions, okra, peas, peppers, radish, sauerkraut, mange tout, radish, spinach, spring onion, sweetcorn, tomato, salad leaves.</p> <p>Chinese vegetables such as pak choi, Chinese leaf lettuce and bamboo shoots.</p>
<p>Meat / fish and meat alternatives</p>	<p>Meats prepared by baking, roasting, poaching and stewing such as poultry, lamb, beef, pork, veal, ham, rabbit, organ meats, Hot dogs without a skin (commercial brands), meat pastes.</p> <p>Fish without bones, skins or gristly pieces. Fish pastes. Shrimp, lobster, crab, prawns and other shell fish.</p> <p>Eggs (all types).</p> <p>Well pureed hummus, tofu, soya mince.</p>	<p>Soft well cooked beans and lentils without skins i.e. marrowfat peas, lentils, yellow split peas.</p>	<p>Tough meats, prepared by quick frying such as steak and other processed meats with casings, skins or gristly pieces such as sausages and burgers.</p> <p>Fish with bones that are difficult to remove such as tinned sardines, whitebait and anchovies.</p> <p>Meatloaf with nuts and seeds, standard hummus, soya beans.</p>
<p>Dairy Products</p>	<p>Dairy foods that do not contain fruit pips or seeds, or nuts:</p> <p>Milk (all types) and milk beverages, butter, cream, crème fraiche, sour cream. All cheeses without fruit pieces or seeds.</p> <p>Smooth yoghurt, ice cream, milk puddings, mousse, fromage frais, custard and frozen yoghurt.</p>		<p>Dairy foods that contain fruit pieces, nuts, seeds, or cereals.</p>



Sweets and snacks	<p>All sugars such as white, brown, icing. Syrup, molasses, honey.</p> <p>Baked goods made with allowed ingredients such as doughnuts, biscuits, cookies, cheesecake.</p> <p>Chocolate without fruit or nuts.</p> <p>Crisps, pretzels, potato snacks and rice cakes.</p> <p>Caramel, gum drops, jellybeans, hard candy, liquorice, marshmallows.</p> <p>Seedless jam, jelly, Marmite®, marmalade and curds.</p>		<p>Doughnuts, cakes, pies and puddings with fruit filling (check for fruit skins and pips) or dried fruit or coconut.</p> <p>Cakes, biscuits, cookies and sweets made with wholemeal flour &/or containing seeds, nuts or dried fruits.</p> <p>Vegetable crisps, and rice cakes with corn.</p> <p>Trail mix, Bombay mix, popcorn.</p> <p>Jam and marmalade with skins, seeds, peel.</p>
Fats and spreads	<p>Butter or margarine, lard, cooking oils, sesame butter (tahini). Cheese spread.</p> <p>Smooth nut spreads such as peanut butter and chocolate nut spread.</p>		<p>Spreads with chopped nuts such as chunky peanut butter.</p>
Condiments	<p>BBQ sauce, brown sauce, cranberry jelly (no fruit pieces), mayonnaise, mustard (no grains), salad cream, seedless salad dressing, smooth apple sauce, soy sauce, Tabasco sauce, tomato sauce, vinegar.</p> <p>Fully ground pepper, salt and flavourings.</p>		<p>Cranberry sauce (with fruit pieces), chutney, horseradish, olives, pickles, wholegrain mustard.</p> <p>Peppercorns or pepper ground through a loose grinder.</p> <p>Salad dressing with seeds.</p>

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