

Low-residue diet

Information for patients

This leaflet provides information to patients following a low-residue diet.

Why follow a low residue diet?

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

- When experiencing diarrhoea caused by a flare-up of inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- During a result of pelvic or abdominal radiotherapy
- To prepare your bowel for investigations or surgery

What is a low-residue diet?

Certain foods containing **fibre** normally aid the movement of food and fluid through your gut. This 'roughage' adds bulk to the stools and is usually encouraged as part of a healthy diet.

However, in certain conditions and/or in preparation for particular procedures, it is advisable to avoid these foods, because they can leave behind a 'residue' after digestion.

A low-residue diet may help to prevent blockages in your bowel by reducing foods which are poorly or partially digested. This diet may also be recommended when reintroducing food after surgery or after following a liquid diet.

The following table shows foods to include and foods to avoid, when following a low residue diet.

Food type	Foods to include	Foods to avoid
Bread, cereal and nuts	White bread, English muffins, plain scones and bagels, pancakes, white pitta bread, plain naan bread, plain chapatti, poppadoms – white flour	Wholemeal, granary, rye bread All fruit/nut breads, including walnut, granary or fruit muffins or scones and pastries with fruit/dried fruit
	Refined breakfast cereals such as: Corn Flakes, Rice Krispies, Special K	Wholegrain cereals such as: All-Bran, Weetabix, muesli, Shredded Wheat, porridge (jumbo oats)
	White rice, pasta and noodles	Brown rice, brown pasta, cous cous, semolina, polenta
	Corn flour, white flour	Wholemeal brown or granary flour, Gram flour, wheat germ, quinoa, pearl barley, oatmeal, wholemeal noodles

Food type	Foods to include	Foods to avoid
Bread, cereal and nuts	<p>Sweet plain biscuits such as rich tea, gingernuts or NICE</p> <p>Plain sponge cake made with white flour</p> <p>Plain crackers such as cream crackers</p> <p>Smooth peanut butter</p>	<p>Digestive biscuits, Hobnobs, health bars, flapjacks, nut biscuits, biscuits or cakes made using: oats, dried fruit or dried coconut</p> <p>Fruit cake, teacakes with raisins</p> <p>Ryvita, whole wheat crispbread</p> <p>Whole nuts, seeds, including pumpkin, sunflower and sesame seeds</p>
Fruit	<p>Tinned or ripe fresh fruit without skin or seeds as advised by dietitian, stewed apple (without skin)</p> <p>Fruit juices, smooth coconut milk</p> <p><i>2 portions of fruit per day</i></p>	<p>All fruit skins, stalks, seeds and stones</p> <p>All dried fruit</p> <p>Smoothies</p>
Vegetables	<p>Flesh only (no peel, seeds or stalks) – well cooked</p> <p>Sieved tomato sauces, including passata and tomato puree</p> <p>Strained vegetable juices</p> <p>Mashed potato, baked potato with skin removed, chips with skin removed (not too often)</p> <p><i>2 portions per day</i></p>	<p>All vegetable stalks, skins, seeds and peel</p> <p>Raw vegetables, skins and pips of all vegetables, all pulses such as baked beans, butter beans and kidney beans, peas, lentils, sweetcorn, spinach.</p> <p>Potatoes with skin</p> <p>All curries made with lentils, beans, legumes/pulses.</p>
Dessert	<p>Custard, ice cream, milk puddings</p> <p>Clear jelly</p> <p>Plain cakes</p> <p>Vermicella (seviyan/ plain kulfi)</p>	<p>Ice cream containing fruit and nuts, cakes, puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid.</p>

Food type	Foods to include	Foods to avoid
		Shrikhand, gulab jaman, Halva, all sweets made with nuts/coconut or gram flour.
Milk and milk products	Milk (all types), cream, sour cream, crème fraiche, fromage frais, smooth yoghurt, cheese (any including paneer) Plain sweet or salty Lassi	Any milk products containing fruits, nuts, seeds or cereals
Meat and meat alternatives	All meats and fish Eggs Tofu	Gristly and fatty meat, tough skin, fish skin and bones Quorn and soya beans
Drinks	Fruit and vegetable juices, milk, water, soft drinks, weak tea and coffee, herbal tea	Fruit and vegetable juices with pulp, prune juice, caffeine containing drinks, such as espresso, energy drinks and cola, alcohol in excess (no more than 2-3 units per day)
Miscellaneous	Smooth or sieved soup. Sugar, honey, golden syrup, lemon curd, jelly jam Custard powder, boiled sweets, toffee, caramel, marshmallows, plain/milk/white chocolate Pepper, salt, herbs and spices in moderation (dried or finely chopped) Gravy, tomato sauce, soy sauce, plain crisps, plain pretzels (without sesame seeds)	Soup with pieces, such as minestrone Jam or marmalade with skin, peel or pips Chocolate with dried fruit, nuts or seeds, coconut Wholegrain mustard, pickles, relish Hummus, coleslaw, popcorn, corn chips Bombay mix, Sev, Ghatia

Handy hints

- Eat small meals at regular intervals (every three to four hours)
- Chew food slowly and thoroughly
- Avoid food that is too hot or too cold
- When introducing new foods, introduce only one at a time. This will help you to rule out foods that aggravate your symptoms
- Avoid large quantities of caffeine or alcohol as these may worsen your symptoms
- Avoid rich sauces and spicy foods if they worsen your symptoms
- It is important to maintain a good variety of foods, especially if you follow these guidelines for more than a few weeks
- Large volumes of milk may not be well tolerated. If so, just use small quantities (in tea and coffee, for example)
- Avoid fizzy drinks if they worsen your symptoms
- Be cautious with ready meals and pre-prepared foods as they may contain some of the ingredients known to aggravate your symptoms
- If eating is difficult, speak to your dietitian about ways to increase your calorie and protein intake to ensure adequate nutrition. Nutritional supplements may be considered. Your dietitian may recommend a multi-vitamin and mineral supplement.

Example meal plan

Breakfast

- Low fibre cereal with milk
- White bread/toast with margarine and spread

Mid-morning snack

- Weak coffee
- Plain biscuit
- Fruit (from allowed list)
- Yoghurt with no nuts or seeds

Lunch

- Meat/chicken/fish or egg with white bread/white pasta/white rice or potato with no skin
- Vegetables as allowed

Mid-afternoon snack

- Similar to mid-morning snack

Evening meal

- Similar to lunch time meal

Evening snack

- Rice pudding/jelly/tinned fruit (as allowed)/plain ice cream

Who should I contact if I have a problem or question?

Dietitian:.....

Contact number:.....

Languages/ alternative formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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رابطہ کرو

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如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

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بالرقم التالي 01895279973 .

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