

Low Residue, Low Fibre Diet

An information guide on how to maintain a
low residue diet as recommended by your
Health Care Team.

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St Peter's Hospice
For Patients, Families and Bristol

A low residue diet is a diet that is designed to "rest" the bowel.

A low residue diet may help to prevent blockages in your bowel by reducing foods which are poorly or partially digested.

The food we eat is digested in the gut so that the body can extract the nutrients it needs to function. What's left over is "residue" or undigested food that passes through the colon (large intestine), and is eliminated as stool or faeces.

A low residue diet is a diet that is low in 'bulk-forming' food substances such as fibre. The aim of a low residue, low fibre diet is to reduce the volume of stool (faeces) in your gut. This results in fewer and smaller bowel movements, and less gut distention potentially relieving symptoms of bowel diseases that can cause inflammation, such as abdominal pain, cramping, bloating, and gas formation.

Dairy products & fats	<ul style="list-style-type: none"> • Milk and milk products – Cream & creme fraiche • Butter, margarine & oil • Mayonnaise & salad cream • Smooth yoghurt • Cheese 	<ul style="list-style-type: none"> • Cheese or yoghurt with added nuts, fruit or cereals
Fruit	<ul style="list-style-type: none"> • Tinned, stewed or fresh fruit without skins or pulp - peeled apples, pears or peaches • Fruit juice without pulp 	<ul style="list-style-type: none"> • All fruit with skins, seeds, pith & pips - raspberries, oranges & grapes • Dried fruit
Vegetables	<ul style="list-style-type: none"> • Well-cooked vegetables • Potatoes without skins • Vegetable juice without pulp 	<ul style="list-style-type: none"> • Raw vegetables, salads, sweetcorn, peas, mushrooms & beans • Vegetable juice with pulp
Meat, fish & eggs	<ul style="list-style-type: none"> • All tender meat, fish and poultry • All eggs 	<ul style="list-style-type: none"> • Tough, gristly meat • Skin and bones of fish • Pies/egg dishes containing vegetables as listed
Drinks	<ul style="list-style-type: none"> • Tea & coffee • Hot chocolate, Ovaltine & Horlicks • Flavoured water & squash Milkshakes • Caffeine-free carbonated drinks 	<ul style="list-style-type: none"> • Fruit smoothies • Fruit juices with pulp • Caffeine carbonated drinks.

Miscellaneous	<ul style="list-style-type: none"> • Seedless, rindless or jelly varieties of jam and marmalade • Bovril, Marmite and chocolate spread • Sugar, honey & syrup • Ketchup, bottled sauces & vinegar • Crisps 	<ul style="list-style-type: none"> • Twiglets & savoury snacks containing nuts e.g. Bombay mix • Chutneys & pickles • Crunchy peanut butter • Jams & marmalades with seeds or rind
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Additional information

Very fatty foods can be difficult to digest and may cause discomfort if eaten in large quantities. Spicy foods can also cause discomfort and should be avoided.

To make sure you get enough vitamin C in your diet, have at least 1 glass of fruit juice without bits or a vitamin C enriched fruit drink/squash, e.g. Ribena, blackcurrant squash, orange squash.

Consider writing a food diary and plan what foods work well for you.

This diet is not designed to be followed for prolonged periods. Your doctor or dietitian will be able to give you more information and tell you how long you need to follow this diet for.

Helpful websites:

www.medicinenet.com/low_residue_and_low_fiber_diet/article.htm

www.uhs.nhs.uk/Media/Controlleddocuments/Patientinformation/Digestionandurinaryhealth/Lowfibrefactsheet-patientinformation.pdf

If you have any queries or concerns regarding the information in this leaflet please do not hesitate to contact us via our website:

stpetershospice.org.uk

	Consider	Avoid
Breakfast cereals	Rice krispies, cornflakes, Coco Pops & Sugar Puffs	Wholegrain cereals - Branflakes, Weetabix, Muesli, Shredded Wheat & porridge
Bread, flour, pasta and rice	<ul style="list-style-type: none"> • White bread, rolls and pittas • Chapattis & naan bread made with white flour • White rice • White pasta • Cornflour, sago, tapioca & semolina • Couscous, polenta, tortillas & tacos 	<ul style="list-style-type: none"> • Brown, wholemeal and granary bread, rolls, pitta • Chapattis & naan bread - made with brown or wholemeal flour • Rye bread • Brown rice • Wholemeal pasta • Bread with added seeds, fruit or nuts • Currant/fruit loaves
Biscuits, cakes, crackers, sweets & chocolate	<ul style="list-style-type: none"> • Biscuits & cakes made with white flour - Rich tea, Morning coffee, shortbread & sponge cake • Plain scones • Crumpets • Cream crackers • White crisp bread • Chocolate & sweets - without added fruit, nuts, seeds & cereals 	<ul style="list-style-type: none"> • Biscuits made with brown or wholemeal flour - digestives, flapjacks, oatcakes • Wholemeal crackers • Cereal bars