

## Low Residue/Low Fibre Diet

### What is a low residue diet?

A low residue diet is designed to restrict one's intake of foods that take a long time to digest, that may irritate the bowel or cause bulky stools or flatulence.

'Residue' refers to the material that remains in the digestive tract following the initial stages of digestion. This material often contains high amounts of fibre as our bodies cannot completely digest it. Typically, fibre aids the movement of food and fluid through your gut, adds bulk to your stools and is encouraged as part of a healthy diet. However, in several circumstances, a low-residue or low-fibre diet is used to restrict foods that contain indigestible material, to help the body produce smaller amounts of stool at a lesser frequency.

A low residue diet is recommended in situations that include:

- Preparing for or following bowel surgery or colonoscopy.
- When managing a partial bowel obstruction.
- During acute periods of Crohn's disease, ulcerative colitis, or inflammatory bowel disease.
- During acute and painful stages of diverticulitis.

# Eating a Low Residue Diet

Food Group	What to EAT	What to AVOID
<p><b><i>Bread, Cereals, Rice &amp; Pasta</i></b></p>	<ul style="list-style-type: none"> <li>- Soft white bread, rolls and buns</li> <li>- Cornflakes, Rice Bubbles</li> <li>- White rice and pasta</li> <li>- White flour</li> </ul>	<ul style="list-style-type: none"> <li>- Wholemeal, brown or rye bread</li> <li>- Rolled oats, muesli, Weetbix, wholegrain cereals or any containing nuts, seeds, or dried fruit</li> <li>- Wholemeal pasta</li> <li>- Brown or wild Rice</li> <li>- Popcorn</li> </ul>
<p><b><i>Fruit &amp; Vegetables</i></b></p>	<ul style="list-style-type: none"> <li>- Well-cooked or canned vegetables without skin or seeds including asparagus, beets, green beans, potato, pumpkin, mushrooms, carrots, and zucchini</li> <li>- Avocado, ripe banana, canned peaches, pears, and apricots</li> </ul>	<ul style="list-style-type: none"> <li>- All other fruits and vegetables, (raw and fried) especially those with seeds and skins.</li> <li>- No prunes or prune juice</li> </ul>
<p><b><i>Dairy &amp; Eggs</i></b></p>	<ul style="list-style-type: none"> <li>- Mild soft cheese</li> <li>- Cottage cheese</li> <li>- Cream cheese</li> <li>- Eggs (except fried)</li> <li>- Milk* (in any form – including soy milk)</li> <li>- Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fried eggs</li> <li>- Milk (if lactose intolerant limit to no more than ½ a cup at one time)</li> <li>- Strongly favoured cheese</li> </ul>
<p><b><i>Meats</i></b></p>	<ul style="list-style-type: none"> <li>- Very tender beef, lamb, veal, poultry and fish (baked, broiled, boiled, roasted, stewed)</li> <li>- Tuna, crawfish, shrimp, crabmeat</li> </ul>	<ul style="list-style-type: none"> <li>- Tough meat with fat</li> <li>- Salted/Smoked meat/fish</li> <li>- Sausage, cold cuts</li> <li>- All fried meats</li> </ul>

<b>Vegetable Proteins</b>	<ul style="list-style-type: none"> <li>- Nutmeat</li> <li>- Tofu</li> </ul>	<ul style="list-style-type: none"> <li>- Legumes (including lentils, chickpeas, and beans)</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>- Butter, cream, margarine, mayonnaise, vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>- All fried foods</li> <li>- Crunchy peanut butter</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>- Clear soups, chicken or turkey noodle soups</li> </ul>	<ul style="list-style-type: none"> <li>- All other soup</li> </ul>
<b>Sweets and Desserts</b>	<ul style="list-style-type: none"> <li>- Honey, syrup, sugar</li> <li>- Plain cakes and cookies</li> <li>- Custard, plain pudding, or ice-cream</li> </ul>	<ul style="list-style-type: none"> <li>- Jam, marmalade and preserves</li> <li>- Sweets containing nuts, coconut, or chocolate</li> <li>- All others</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>- Water</li> <li>- Weak Tea &amp; Coffee**</li> <li>- Cordial, pulp-free strained fruit juices (no prune)</li> </ul>	<ul style="list-style-type: none"> <li>- Unstrained fruit juices</li> <li>- Highly caffeinated drinks such as espresso, energy drinks or cola.</li> <li>- Alcohol</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>- Soy sauce, ketchup</li> <li>- Salt, mild herbs and flavourings, such as vanilla, cinnamon, and paprika</li> <li>- Mildly flavoured gravies and sauces</li> <li>- Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>- Pickles, olives, sauerkraut, and relish</li> <li>- Strongly flavoured seasonings including black and red pepper</li> <li>- Mustard seeds, onions, garlic</li> <li>- Strong condiments such as vinegar, mustard, barbecue sauce, horseradish, steak sauce</li> </ul>

\* While milk does not contain fibre, it can trigger symptoms like diarrhea and cramping if you are lactose intolerant. If so, it is best to choose lactose-free products.

\*\* Caffeine may upset your stomach, so it is best to opt for decaffeinated options or avoid entirely.

## Example of a low residue diet:

### *Breakfast:*

- 1 glass of pulp-free orange juice
- 1 hard-boiled egg OR scrambled eggs
- 1 slice of white toast with butter/margarine OR 1 bowl of rice bubbles
- 1 glass of milk

### *Lunch*

- Baked chicken breast or fish
- ½ cup of cooked white rice
- ½ cup of cooked green beans

### *Dinner:*

- ½ cup mashed potato
- ½ cup of cooked carrots
- Tender roast beef
- 1 white dinner roll with margarine or butter

Whilst on a low residue diet, it is also necessary and important to increase your fluid intake (especially water) to avoid constipation.

**If you have any queries or are unsure about what you can or cannot eat, please contact the clinic for assistance.**