



Advice for choosing a Low Residue/Low Fibre Diet

If your doctor or nurse has recommended a low residue diet please use the following recommendations. We advise that you take a varied diet.

| Types of food | Choose LOW fibre foods | Avoid high fibre foods |
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| Bread, Potatoes and other carbohydrates | <ul style="list-style-type: none">· White bread, chapatti, pitta, pasta· White rice· Refined cereal e.g. Rice Krispies, Cornflakes· Cream crackers, rice cakes· Boiled, roast, mashed, chipped potatoes (NO SKIN) jams, sweet potato (NO SKIN) | <ul style="list-style-type: none">· Wholemeal/granary bread· Added fibre white bread,· Brown chapatti· Wholemeal pitta or pasta· Brown rice· Wholegrain cereals e.g. Bran flakes, weetabix, muesli ,porridge· Rye crispbread, wholemeal crackers, oatcakes· Skins of jacket potato |
| Fruit and Vegetables | <ul style="list-style-type: none">· Fresh, tinned or stewed fruit but remove any skin, pith or pips | <ul style="list-style-type: none">· Dried fruit· Sweet corn· Beetroot and onions |
| Pulses and Nuts | <ul style="list-style-type: none">· None unless you are vegetarian, in which case you may take a small portion of lentils, hummous or mushy peas | <ul style="list-style-type: none">· Beans including baked beans, chick peas, peas, lentils – unless vegetarian· All nuts and seeds |
| Meat, fish and eggs | <ul style="list-style-type: none">· Meat and poultry· Fish· Eggs | <ul style="list-style-type: none">· Avoid skin, gristle, bone, or any dish containing pulses e.g. chilli con carne |

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| Miscellaneous | <ul style="list-style-type: none"> · Butter, margarine, oil · Plain biscuits e.g. rich tea · Cakes, puddings and pastries made with white flour · Jelly, ice cream, custard, sorbet · Honey, sugar, syrup, · Fine cut marmalade, ketchup, brown sauce, mayonnaise, salt, pepper, herbs · Boiled sweets chocolate, toffee, fudge · Tea, coffee, squash ,chocolate, Bovril, Marmite | <ul style="list-style-type: none"> · Wholemeal biscuits e.g. digestives · Biscuits containing dried fruit e.g. fig rolls, Garibaldi · Cake, pudding or pastry made with dried fruit or nuts · Cakes or biscuits made with oats e.g. flapjacks · Jams with seeds or skin, thick chunky marmalade, sweet mincemeat · Pickles and chutneys · Sweets or chocolates with fruit or nuts, muesli bars, chocolate raisins, peanuts, raisins |
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