



Low residue / low fibre diet

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You have been advised to follow a low residue/fibre diet. This leaflet will help you to manage your current symptoms.

This diet sheet will help you to reduce the amount of residue/fibre in your diet.

How long will I need to be on a low residue diet?

You will normally follow this diet for about two to three weeks, then after, fibre is gradually re-introduced.

If you follow this diet for a longer period, this should be done under the supervision or advice of a dietitian or doctor.

What is residue?

Residue is the undigested food that reaches your bowel. This is mostly fibre, but also includes other food like charred foods, some fats and foods containing resistant starch; a form of starch resistant to digestion.

What is fibre?

Fibre, often referred to as roughage, is found naturally in many plant foods. It is the indigestible part of plant foods that is left after the other nutrients have been digested and absorbed.

Some plant foods that contain fibre are:

Fruit, vegetables, pulses, nuts and seeds, wholegrain cereals, brown rice, potato skin, wholewheat pasta and wholemeal flour

Different types of fibre

There are many terms used to categorise fibre but the two main and important ones are insoluble and soluble fibre. Understanding the difference between these two types of fibre will help you understand and follow the low residue diet.

There are two main components:

Insoluble fibre tends to be go through the digestive system unchanged and does not dissolve in water. Its principle role is as true roughage, providing bulk and weight to stools and speeding the movement through the colon. This diet sheet will steer you away from this type of fibre, whilst you follow the low residue diet.

Soluble fibre is sometimes described as the 'fleshy part' of fibre. Soluble fibre absorbs water to make a gel-like substance and helps to regulate the movement of digested food through the digestive system and helps to give stools a soft but formed shape.

Soluble fibre and some insoluble fibres are fermented (broken down) in the bowel by bacteria. The byproduct of this is the creation of gases and often leads to flatulence (wind). This is perfectly natural and normal. However, in some individuals, symptoms such as excessive wind and/or bloating can be particularly uncomfortable and distressing.

An example of both types of fibre can be seen in an apple:

Insoluble fibre: the apple peel

Soluble fibre: the fleshy bit once the peel is removed (excluding the core).



General guidelines

- Have regular meals and snacks.
- Include a wide variety of foods every day.
- Ensure starchy foods are well cooked and try to avoid cooling and re-heating starchy foods such as potato, rice and pasta.
- Avoid tough meats.
- Avoid burnt and chargrilled foods.
- Chew your food well before swallowing.
- Drink at least eight glasses of fluid a day.
- If you are unable to tolerate many of the permitted fruit and vegetables, you may require a multivitamin supplement. Ask your dietitian for advice.
- If you have symptoms of bloating, you should try to avoid gas forming vegetables and foods high in resistant starch (foods underlined in the list).

The following tables list the foods you should choose and those you should avoid.

The middle column contains foods that the dietitian will advise you to either include or avoid.

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FOODS TO CHOOSE	DIETITIAN TO ADVISE	FOODS TO AVOID
Cereals and starches		
Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	Puffed Wheat, porridge oats, Special K (original)	Any cereal with fruit or nuts: Wholegrain cereals (All Bran, Bran flakes, Weetabix, Shredded Wheat, Wheatos, Sultana Bran), Ready Brek, Muesli, Crunchie Nut Cornflakes
White bread/ rolls, white pita, french stick, bagels	Brown bread/ rolls, rye bread, malt bread, crumpets, <u>croissants</u> , <u>poppadums</u> , wholemeal pittas, <u>chapattis</u> , <u>white naan</u>	Wholemeal bread/ rolls, high fibre white, granary bread, softgrain bread or rolls, currant bread, fruit bagel.
White pasta, white rice, egg noodles, sago, tapioca, freshly made pizza bases or pastries (low-fat)	<u>Savoury rice</u> <u>White pastry</u> , <u>Yorkshire pudding</u> , <u>ready-made pizza base</u>	Brown/wild rice, wholemeal pasta, wholemeal pastry, wholemeal pizza bases, wholemeal naan
White flour, corn flour, chapatti flour, Cream crackers, white crispbreads, breadsticks, rice cakes	Brown flour, rye flour, soya flour	Wholemeal flour, oatmeal granary flour, wheatgerm, bran, wholemeal crackers, Ryvita, Crackerwheat, Oatcakes, wholemeal crispbreads

FOODS TO CHOOSE	DIETITIAN TO ADVISE	FOODS TO AVOID
Cereals & starches		
Plain biscuits, e.g. Rich Tea, Nice, Marie, Morning Coffee, wafer.	Gingernut, shortbread, Jaffa Cakes,	Wholemeal biscuits, (Digestive, Hobnobs) Flapjacks, biscuits with fruit or nuts, Fig rolls, Garibaldi.
Puddings & cakes		
Low fat mousse, custard, trifle (no fruit/nuts), milk puddings or blancmange, jelly, meringue, treacle tart, plain scones or pancakes, crumpets	Stewed and peeled fruit in pies or crumbles. <u>Sponge puddings, cakes, doughnuts</u>	Puddings or sponges with added fruit, dried fruit, nuts or coconut. Mince pie, Christmas pudding, cake/ scones (with fruit or nuts), coconut cake, wholemeal scone, Hot Cross Buns, Chelsea Buns. Milk pudding with fruits or nuts.
Dairy products		
Milk - all types, Low fat cheeses Plain and fruit yoghurt (no 'bits'), low fat fromage frais, Probiotics e.g. Yakult, Actimel, Muller Vitality or Live yoghurt, ice cream, choc ice, ice lollies.	Cream, full fat cheese, full fat fromage frais	Cheeses with fruit, nuts or vegetables Yoghurt with muesli or fruit pieces. Ice cream with fruit, nuts or muesli.
Fats and oils		
Low fat mayonnaise / salad cream.	Vegetable oils, margarine, butter, lard, cream	

FOODS TO CHOOSE	DIETITIAN TO ADVISE	FOODS TO AVOID
Vegetables: NO PIPS OR PEELS (max 2 portions per day)		
<p>Carrot juice and tomato juice (pulp-free), Potato (peeled), beetroot (canned), carrots, parsnip (not burnt), courgette (peeled/ pips), marrow (no pips), pumpkin (no pips), swede, aubergine (peeled), cucumber (peeled/ seeds), radish (peeled), beansprouts, tomato (peeled/ canned), asparagus tips, tofu</p>	<p>Potato (<u>cold, reheated/ canned/ roasted/ chipped</u>), <u>potato croquettes/ waffles, lentils (split)</u>, mange tout/ sugar snaps (no strings), turnip, tofu, spinach (young), <u>asparagus, broccoli/ cauliflower florets</u> (no stalks), sweet potato (peeled), tomato (grilled/fried), mushrooms, celery (no strings), lettuce (young), <u>chicory</u>, garlic (whole), <u>hummus</u>, Quorn, gherkins</p>	<p>Raw vegetables, <u>beans (baked/ broad/kidney/ soya/ French/ runner)</u>, <u>lentils</u> (whole), peas (green/petit pois/ chick), <u>Brussel sprouts, cabbage, onions, spring onion, leeks</u>, peppers, sweetcorn, artichokes, <u>leeks</u></p>
Fruit: NO PIPS OR PEELS (max 2 portions per day)		
<p>Fruit juice (pith and pulp-free), apricots (peeled), cherries (glazed), grapes (peeled & seedless), grapefruit (canned), lychees, mango (canned), melon (no pips), olives, paw paw (peeled), peaches (peeled/canned), pears (canned), strawberries (canned), watermelon (no pips),</p>	<p>Fruit juice (with pith and pulp), Apple (peeled), avocado, berries/ currants (fresh/ stewed), passion fruit (no pips/ peeled), mandarins (canned), mango (peeled), pears (peeled), pineapple (canned/ raw), rhubarb (canned), pineapple (canned), fruit cocktail (canned), strawberries (raw), ripe banana</p>	<p>Unripe bananas, berries/ currants (stewed), dates, figs, dried fruit, raisins, sultanas, fruit pie fillings, grapefruit, guava, kiwi fruit, oranges, satsumas, tangerines, mandarins, clementines, lemons, nectarines, rhubarb, prunes (dried/canned), (stewed), coconut, pomegranates</p>

FOODS TO CHOOSE	DIETITIAN TO ADVISE	FOODS TO AVOID
Meat and meat alternatives		
Lean beef, pork without fat, poultry without skin, fish Eggs	Fatty meat, poultry, offal, fish, processed meats, e.g. burgers, meat pies, sausages, crumbed meat, or battered meats/fish	Tough or chargrilled meats and fish, meat/ fish with wholemeal pastry or breadcrumbs Gristle on meats
Drinks		
Tea, coffee, fizzy drinks, squashes, alcoholic drinks.	Horlicks, Ovaltine, Cocoa, Chocolate	
Soups, sauces, preserves and miscellaneous		
Bovril, Marmite, Oxo, strained/ clear soups, noodle soups, Tomato ketchup, mustard, apple sauce, salt, vinegar, herbs (chopped finely), soya sauce, Tabasco sauce, Worcestershire sauce, lemon juice, gelatine, Jam, marmalade (no peel and pips), honey, syrup, treacle, lemon curd, sweets, pastilles, mints	Vegemite. Liquidised and strained <u>lentil and bean soups</u> . Coarsely chopped herbs, <u>Potato hoops, corn snacks, (e.g. Doritos), Wheat snacks (e.g. Quavers, Wotsits, Skips)</u> , potato crisps, tortilla chips, smooth peanut butter, chocolate, toffees, fudge	All chunky vegetable, lentil and bean soups. Nuts and seeds. Pickles, chutneys, relish, horseradish, wholegrain mustard. Popcorn, cereal bars, flap jacks, nuts or seeds, jacket crisps. Coarse marmalade, jam with pips, crunchy peanut butter, Chocolate with fruit and/or nuts, nutty toffee, liquorice. Twiglets.

Reintroduction of higher residue / fibre foods

Follow the guide below on how to gradually re-introduce residue/fibre in your diet. Your dietitian can give you further advice, if required.

When introducing new foods, include one at a time, in small amounts (one third of your normal portion). Keep a food and symptoms diary over the period of re-introduction. The aim is to identify a level of fibre that you can take comfortably.

Initially avoid those foods you know have upset you in the past.

With the reintroduction of fibre you may need to increase your fluid intake further e.g. up to 10 cups a day.

Week 1: Include foods from the 'dietitian to advise' list freely

Week 2: Try eating the skins on fruit and vegetables such as apples, pears or potatoes.

Week 3: Try fruit and vegetables from the 'avoid' list (not dried fruit yet).

Five portions of fruit and vegetables (not including potatoes) are recommended long-term for a healthy diet.

Note: One glass of fruit juice counts as one portion of fruit.

Week 4: Try replacing white bread with wholemeal bread

Week 5: Try a higher fibre breakfast cereal, eg. Weetabix, Shredded Wheat or Bran Flakes

Week 6: If you are still symptom-free, try including any of the other foods from the original 'avoid' list, including dried fruit

If a food causes any symptoms of discomfort, exclude it from your diet, but reintroduce it at a later date.

Bulking agent medications

If you are taking medication to prevent constipation whilst on a low residue/fibre diet, you may find that as dietary sources of fibre are introduced, you can reduce or even stop these agents. Discuss with your doctor or dietitian, if required.

Suggested meal pattern

Breakfast	Fruit juice (no bits) Cornflakes/Rice Krispies (<i>sugar if required</i>) White bread or toast with low fat spread, honey, syrup or jam (seedless)
Midmorning	Milky drink and plain biscuit, sponge cake or white toast
Main Meal	Meat, fish, egg or cheese Mashed or boiled potato, white rice or pasta Suitable vegetables from list Sponge and custard, milk pudding, ice cream or mousse
Mid-afternoon	Tea and sponge cake, white scones or crackers and cheese
Snack Meal	Meat, fish, egg or cheese, white bread, white crackers or inside of jacket potato Suitable salad or vegetables from list Instant Whip, mousse, milk pudding, ice cream, meringue or ice cream
Bedtime	Milky drink Plain biscuits, sandwich or toast using white bread

If you would like this leaflet in another format or in a different language, please ask a member of staff.

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