

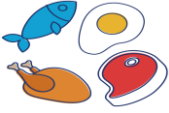




Low residue diet

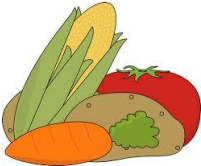

You may be advised to follow a low residue diet either after surgery, due to inflammatory bowel disease, if you have a diverticular stricture or as a result of some types of cancer. If you are unsure how long you need to follow a low residue diet or it has not been made clear why you need to follow this diet, please check with your relevant healthcare professional.

This type of diet is used to help 'rest' your large bowel or intestine and avoids not only high fibre foods but all foods that may leave a residue in the digestive tract. It also reduces bulk going through your intestines if you have a narrowing or stricture.

This type of diet should only be used for a **maximum of 6 weeks** unless advised by your relevant healthcare professional

	Foods allowed	Foods to avoid
Breads/cereals 	White flour, bread, rolls or pitta bread White rice and pasta Plain scones 'white' crackers	Wholemeal/wholegrain bread or flour Wholemeal pasta Ryvita, Crackerwheat Brown rice Bran Pearl barley Oats
Breakfast cereals 	Low fibre without fruit or nuts e.g. rice crispies, cornflakes and coco pops.	High fibre cereals e.g. muesli, All bran, Shredded wheat, porridge, fruit and nut.
Meat/fish/ 	Lean and tender meat and fish-steamed, poached or stewed Minced meat	Fried and grilled meat Tough meat Meat containing gristle Sausages/hamburgers/ Crackling Meat pies / pasties
Non-meat sources of protein	Texturised vegetable protein Tofu Smooth peanut butter (2 tablespoons) Eggs	Beans, pulses / lentils
Dairy foods 	Cheese Milk Ice cream custard Butter Margarine Yogurt	Yoghurts or cheese with fruit pieces
Fruit 	Tinned pears, apricots or peaches. Stewed fruit without skins, pips or seeds except rhubarb. Smooth fruit juices – 1 glass a day may be helpful to replace vitamins from fruit/vegetables previously eaten.	Dried Fruit Seeds, pips and skins Pineapple Citrus fruit

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<p>Vegetables</p> 	<p>Potatoes (no skins) Well cooked, mashable root vegetables-carrots, turnip, swede, marrow, beetroot. Well-cooked cauliflower/broccoli florets (without stalks) Lettuce Cooked and sieved tomato / tomato sauces including passata and tomato puree</p>	<p>Peas, sweetcorn, stalks, celery, cucumber, onions, mushrooms, cabbage, leeks, sprouts Raw tomatoes and salad vegetables Pulses - beans, lentils, chickpeas, kidney beans Soups with pieces e.g. minestrone Avoid large portions of raw salad at the same meal</p>
<p>Drinks</p> 	<p>Tea/coffee Squash Fizzy drinks Smooth fruit juice Oxo, Bovril Consommé or strained soup Malt drinks</p>	<p>Thick vegetable soups Fruit juice with pulp Prune juice</p>
<p>Sweets and puddings</p>	<p>Plain sponge cake e.g. Madeira Jelly Boiled sweets including fruit gums, fruit pastilles Plain chocolate/fudge/toffee Ice cream</p>	<p>Puddings/cakes/chocolate biscuits containing dried fruit or nuts (including marzipan) Chocolate containing nuts or dried fruit</p>
<p>Snacks</p>	<p>Plain biscuits eg Rich tea or Marie biscuits, shortbread, Plain scone Plain pretzels (without sesame seeds) Crisps (not wholegrain) Plain crackers</p>	<p>Digestive biscuits/hobnobs Nuts and seeds Popcorn Cereal bars (containing oats, dried fruit, nuts, seeds) Wholemeal crackers</p>
<p>Miscellaneous</p>	<p>Marmite Chocolate spread Sugar/honey/syrup A scraping of smooth peanut butter (up to 1 tbsp across the day) Oils, salad dressings, ketchup, gravy, soy sauce, pepper, salt, herbs and spices in moderation (dried or finely chopped)</p>	<p>Marmalade, chutneys Jam with seeds Crunchy peanut butter Wholegrain mustard, pickles, relish, houmous, coleslaw, chutney, liquorice root.</p>

Low residue diet

General tips

1. Try to include 8-10 cups (approx 2 litres) of fluid daily.
2. If you are finding this diet very restrictive, are struggling to come up with meal ideas or are losing weight, please contact the health professional who provided you with this diet sheet. They may suggest you speak with a dietitian for further advice.
3. Try to eat your meals in an upright position and ensure you chew your food well.
4. Avoid large quantities of caffeine or alcohol as these may worsen your symptoms.
5. Avoid fizzy drinks as they may worsen your symptoms.
6. Consider taking an over the counter “A-Z” multivitamin / mineral tablet if your diet is very restricted. Alternatively having a glass of fruit juice daily (150ml) can provide extra vitamins.
7. Your health professional (Consultant / nurse / dietitian /stoma nurse) will advise you how long you have to follow the low residue diet. Some people may need to stay on it longer term, eg people that have a stricture / narrowing in the intestines.

Low residue diet

Mealtime suggestions

BREAKFAST	Natural Fruit Juice (without bits) Corn Flakes/Rice Krispies and milk White bread, butter, smooth/shred less marmalade Tea, coffee
LUNCH	Clear Soup Egg, Fish, Cheese or Meat on White Bread Fruit (refer to list), Fruit flavoured yoghurt
MAIN MEAL	Meat, Fish, Cheese or Egg Freshly cooked white pasta, rice, Potato (without skins) Fruit (refer to list), Milk pudding, ice cream <u>or</u> jelly
BEDTIME	Milky drink e.g. Horlicks, Ovaltine, Hot Chocolate
BETWEEN MEALS	Tea, coffee, with plain biscuit e.g. rich tea, custard cream, milkshake, cake. E.g. Madeira, white flour scone, crumpet with butter and yoghurt (smooth).