

Low residue diet

What is a low residue diet?

→ It limits high fibre foods.

Why do you need to have a low residue diet?



→ It decreases stool production and reduces flatulence.

What can you eat?

→ See the table on the next page.

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Please contact the Patient Advice and Liaison
Service (PALS) if you require this leaflet in a
different format, or would like to feedback your
experience of the hospital. Telephone 01225
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Starchy Foods	<ul style="list-style-type: none"> ✓ White bread ✓ White pasta ✓ White rice ✓ Cous cous ✓ Pastry 	<ul style="list-style-type: none"> ✗ Wholemeal Bread, Granary Bread ✗ Brown rice, Pearl barley, Wholemeal pasta, Quinoa ✗ Processed foods, e.g.: pasta salad, potato salad and ready-made cakes and biscuits. ✗ Ready meals that contain potato or pasta, e.g.: macaroni cheese, lasagne, cottage pie.
Cereals	<ul style="list-style-type: none"> ✓ Cornflakes ✓ Rice Krispies ✓ Frosted Flakes 	<ul style="list-style-type: none"> ✗ Branflakes, Weeabix, Shreddies ✗ Porridge, Museli ✗ Any cereal containing fruit or nuts
Dairy	<ul style="list-style-type: none"> ✓ Milk ✓ Smooth Yoghurts ✓ Cheese 	<ul style="list-style-type: none"> ✗ Yoghurts containing fruit or nuts ✗ Cheese containing fruit or nuts
Meat, fish & eggs	<ul style="list-style-type: none"> ✓ All tender meat, fish or poultry ✓ All eggs 	<ul style="list-style-type: none"> ✗ Tough, gristly meat ✗ Skin and bones of fish ✗ Pie or egg dishes containing vegetables listed below
Vegetables	<p>Limit to 1-2 portions per day</p> <ul style="list-style-type: none"> ✓ Peeled, soft or mashed vegetables, e.g. broccoli, cauliflower, cabbage, brussels sprouts ✓ Skinless potatoes ✓ Crisps 	<ul style="list-style-type: none"> ✗ Raw vegetables/salad ✗ Baked beans, split peas/lentils, peas, sweetcorn ✗ Celery ✗ All seeds & pips ✗ Potato skins
Fruit	<p>Limit to 1-2 portions per day</p> <ul style="list-style-type: none"> ✓ Soft/ripe peeled fruit without pips or seeds (includes tinned fruit) 	<ul style="list-style-type: none"> ✗ Dried fruit ✗ Citrus fruits ✗ Berries ✗ Prunes ✗ Smoothies ✗ Fruit juice with bits
Nuts and pulses		<ul style="list-style-type: none"> ✗ All nuts ✗ Pulses
Deserts and sweets	<ul style="list-style-type: none"> ✓ Cakes without fruit or nuts ✓ Custard, ✓ Ice cream, Jelly ✓ Semolina, Rice pudding ✓ Chocolate without fruit or nuts ✓ Seedless jam ✓ Plain biscuits 	<ul style="list-style-type: none"> ✗ Puddings/cakes/biscuits/chocolate made with wholemeal flour or containing fruit or nuts ✗ Marmalade with peel ✗ Popcorn ✗ Jam with seeds ✗ Marzipan
Fats	<ul style="list-style-type: none"> ✓ All ok in moderation 	