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## Low Residue Dietary Information

Issued by the Nutrition and Dietetics Department

**Patient Name**

.....

**Date**

.....

# Introduction

This leaflet is designed to help you follow a low residue diet. It tells you which foods you should eat (allowed) and which you should not (avoid).

Certain foods contain fibre (or roughage). This normally helps the movement of food and fluid through your digestive tract.

A low residue diet is made up of foods that are easily digested and absorbed. This should help improve your bowel symptoms by avoiding foods which are poorly or partially digested. This can ease the passage of stools through the bowel when there is an obstruction or stricture (narrowing) or inflammation.

The need for a low residue diet is usually temporary but can sometimes be permanent. Please check with your doctor or dietitian about how long you should follow this diet for.

	<b>Allowed</b>	<b>Avoid</b>
<b>Starchy Foods for example breads and grains</b>	White flour & white bread White pasta White rice Cornflour Yorkshire pudding	Wholemeal & wholegrain breads & flour Wholemeal pasta Brown rice Oats Bran Pearl Barley All fruit/nut breads; fruit scones and pastries containing fruit/nuts
<b>Breakfast cereals</b>	Rice Krispies Cornflakes Frosted Flakes	Branflakes Wholewheat cereals Muesli Any containing dried fruit & nuts
<b>Meat, fish and eggs</b>	Tender fish, meat and meat products  Eggs	Skin & bones of fish Gristle, tough cuts of meat Dishes containing vegetables listed below



	<b>Allowed</b>	<b>Avoid</b>
<b>Vegetables</b>	<p>Soft, peeled easily mashed vegetables e.g. well boiled broccoli; cauliflower</p> <p>Peeled potatoes Smooth passata (sieved tomatoes)</p>	<p>Avoid all with tough stalks, skins, seeds, pips or a shell for example:</p> <p>Baked Beans Split peas and lentils Skin on jacket potato Peas Broad beans Sweetcorn Tomatoes Celery Green beans Raw vegetables Onions &amp; leeks Mushrooms</p>
<b>Fruit</b>	<p>Peeled, ripe, soft fruit without seeds</p>	<p>Tough skins Seeds, pips and core Berries Citrus fruit Dried fruit Pineapple</p>
<b>Milk</b>	<p>All kinds of milk Smooth yoghurts</p>	<p>Yoghurts containing fruit and nut pieces</p>
<b>Cheese</b>	<p>All kinds apart from those containing fruit</p>	<p>Avoid those which contain fruits and nuts</p>

	<b>Allowed</b>	<b>Avoid</b>
<b>Confectionary &amp; desserts</b>	Sponge cakes made with white flour & without fruit Ice-cream Jelly Semolina Plain milk chocolate Fudge & toffee Boiled sweets Mints Sugar Syrup Seedless jams & marmalades Custards	Wholemeal flour Trifle Fruit scones Fruit crumble Any containing fruit and nuts Popcorn Jam/Marmalade with seeds and /or peel Flapjacks Any made with wholemeal flour
<b>Miscellaneous</b>	Crisps Salt & pepper Gravy Stock cubes Ground spices	Herbs with stalks & leaves (you can use these in cooking but remove before eating) Pickles Coleslaw
<b>Nuts</b>	None	Avoid all nuts including: Coconut Almond Marzipan
<b>Drinks</b>	Tea Coffee Smooth fruit juice Squash Water	Fruit juices containing 'bits'

## Additional Advice

Fatty meals, spicy foods and caffeine and alcohol can cause some people discomfort if taken in large quantities.

Assess your own tolerance to these and introduce them gradually.

When introducing new foods, introduce only one at a time. This will help you to identify foods that may exacerbate your symptoms.

Drink 1 glass (150ml) of smooth fruit juice a day to increase your intake of vitamins.

Chew your food well and take your time eating.

Eat regularly: aim for 3-4 meals a day.

Drink regularly: aim for 1.5-2 litres of fluids a day.

You may benefit from taking a general multivitamin & mineral supplement. You can buy these over the counter.

Your dietitian can help you decide if you need these.

If you have a low appetite or experience unintentional weight loss, please contact your dietitian for further advice.

Your dietitian is: .....

## Contact details

**Department of Nutrition & Dietetics  
North Tyneside General Hospital  
Rake Lane, North Shields,  
NE29 8NH.  
Telephone 0191 293 2707**

**Department of Nutrition & Dietetics  
Wansbeck General Hospital  
Woodhorn Lane, Ashington,  
NE63 9JJ  
Telephone 01670 564 006**

## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 01670 511098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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