

## Nutrition and Dietetics

# Low Residue Diet

This diet sheet is suitable for adults and adolescents with a 'flare up' of Crohn's Disease or Ulcerative Colitis and patients with intestinal strictures.

**This diet should only be used on the advice of a Dietitian or doctor.  
This diet is restrictive and long term use may result in nutritional deficiencies. Please discuss with your Dietitian or doctor how long you will need to continue with these restrictions.  
If you are already following a dietary restriction you should ask your doctor for referral to a Dietitian.**

A low residue diet is low in fibre or roughage. It aims to:

- Reduce frequency and volume of stools
- Reduce the risk of bowel blockage in patients with intestinal strictures (narrowing)
- Reduce irritation in an inflamed bowel

### How to use the diet sheet:-

- Listed are suggestions of 'Foods to include' and 'Foods to avoid' in your diet to help you make low residue choices.
- Aim for a well-balanced diet including some fruit and vegetables every day if possible. See meal ideas.
- If you are trying to gain weight please include 2 to 3 snacks per day.
- If you have lost weight unintentionally, are underweight (BMI less than 18.5kg/m<sup>2</sup>) or would like more advice on a low residue diet, please ask your doctor to **refer you to a Dietitian**.
- If you are following this diet for more than a few weeks and do not manage to include fruit and vegetables, you will need to take a supplement of vitamins and minerals e.g. 'one a day' or 'complete A to Z'. Also try to include sources of calcium at each meal time e.g. milk, cheese, yoghurts, white bread, broccoli or some tinned fish.



# Patient Information

## Low residue dietary advice

	<b>Foods to Include</b>	<b>Foods to Avoid</b>
<b>Meat, fish, eggs and alternatives</b>	Lamb, beef, pork, chicken, turkey, offal e.g. liver or kidney, sausages, 100% beef burgers, fish all types (no bones) including in batter or bread crumbs, tofu, Quorn, eggs (cooked all ways), scotch eggs	Tough meat and gristle.  Lentils, dhal, red kidney beans, chickpeas, baked beans, butter beans, berlotti beans
<b>Dairy produce</b>	Milk, cheese, plain or fruit flavoured yoghurt, drinking yoghurts, fromage frais, cream, butter, margarine or spreads, crème fraiche, soured cream	Yoghurt containing whole fruit, nuts or muesli  Cheese containing fruits or nuts
<b>Cereals</b>	Cornflakes, rice cereal e.g. Rice Krispies, strained porridge e.g. Ready Brek  White bread, chapattis made with white flour, white pitta bread, poppadoms, garlic bread, cream crackers, rice cakes, plain biscuits e.g. Rich Tea, Nice, custard creams, bourbons, shortbread  Plain scones, sponge cakes, crispy cakes, Battenberg cake, chocolate gateaux (without nuts)	High fibre cereals e.g. All Bran, Weetabix, muesli, Fruit & Fibre, Oatibix, porridge oats, bran flakes, Shreddies  Any cereals containing dried fruit or nuts  Wholemeal bread, wholemeal crisp breads, seeded crackers  Cakes and biscuits made with wholemeal flour or dried fruit e.g. digestive biscuits or fruit cakes
<b>Pasta</b>	Any variety of white pasta or noodles e.g. spaghetti, macaroni, lasagne sheets, tinned spaghetti	Wholemeal pasta or noodles
<b>Rice</b>	White rice	Brown rice, pearl barley, quinoa
<b>Vegetables</b>	Well cooked and peeled carrots, turnips or swede, butternut squash, marrow, pumpkin, onion  Well cooked broccoli or cauliflower (without stalks)  Tinned tomatoes (without pips), passata or tomato puree  Soups made with blended or pureed vegetables  All types of potato (without skin)  Vegetable juice	Parsnip  Salad vegetables e.g. lettuce, cucumber, spring onions, radishes, beetroot, whole tomatoes, peppers, raw spinach, raw onion, celery  Peas, sweetcorn, mushrooms, beansprouts, broad beans, cabbage, sprouts, mangetout

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	<b>Foods to Include</b>	<b>Foods to Avoid</b>
<b>Fruit</b>	<p>Peeled, well-cooked/stewed fruit</p> <p>Soft peeled fruit such as plums, mangoes and nectarines</p> <p>Smooth fruit juice</p> <p>Tinned apricots, peaches, mandarins, pears</p> <p>Melon without seeds</p> <p>Bananas</p> <p>Sieved pureed fruit</p>	<p>Dried fruit e.g. currants, sultanas, prunes, figs, apricots.</p> <p>Fruits with skins and pips e.g. raspberries, strawberries, gooseberries, pineapple, pomegranate.</p> <p>Oranges and other citrus fruits.</p> <p>Fruit juice or smoothies with bits</p> <p>Prunes and prune juice</p>
<b>Miscellaneous</b>	<p>Soups – clear or any soup without chunks of vegetables e.g. cream of chicken soup or strained vegetable soup</p> <p>Sugar, honey and syrup</p> <p>Jelly, seedless jam, shredless marmalade, smooth peanut butter, lemon curd, ice cream, lollies, sorbet</p> <p>Boiled sweets, mints, marshmallows, chocolate, toffee or fudge with no fruit or nuts</p> <p>Bovril, Marmite, gravy, stock cubes</p> <p>Crisps</p> <p>Mayonnaise, tomato ketchup, salad cream, brown sauce, smooth mustard, barbecue sauce</p>	<p>Soup with chunks of vegetables</p> <p>Jams or marmalade with skins or pips.</p> <p>Crunchy peanut butter.</p> <p>Sweets, chocolates, toffee or fudge with dried fruit or nuts.</p> <p>Highly spiced foods e.g. chillies, curries.</p> <p>Bombay mix, Tropical mix.</p> <p>Nuts and seeds</p> <p>Popcorn</p>
<b>Drinks</b>	<p>Cocoa powder, drinking chocolate, Horlicks, Ovaltine, milkshake syrup or mix.</p> <p>Squash, water, fizzy drinks.</p> <p>Tea, coffee.</p> <p>Alcohol – check with your doctor</p>	

# Patient Information

## Meal suggestions

### Breakfast

- Cereal e.g. corn or rice based cereals with milk or smooth yoghurt (no bits)
- White bread or toast with butter/spread or seedless jam or shredless marmalade or Marmite or smooth peanut butter
- Smooth yoghurt (no bits) and fruit (from allowed list)
- Egg, bacon and tomato (no pips/skins) with white bread or toast
- Cheese on toast
- Boiled or scrambled or poached egg on white bread or toast

### Main Meal

- Soup (no vegetable chunks) and grated cheese with white bread roll
- Meat and potato (no skins) with boiled carrots
- Fish in batter or fish with sauce or fish fingers with chips
- Pasta in a tomato or cheese sauce (slow cooked mince could be added)
- Cheese omelette made with tomatoes (without skins and pips)
- Meat or Tofu or Quorn Stew with potatoes or dumplings and root vegetables
- Cottage pie with marrow and swede
- Cheese and potato pie with root vegetables
- Jacket potato (no skin) with cheese or tuna
- Scrambled eggs on white toast with chopped tomatoes

### Puddings

- Rice pudding
- Plain sponge pudding with custard or cream
- Ice cream or sieved stewed fruit
- Crème caramel
- Chocolate dessert or mousse
- Jelly and cream
- Meringue with cream and fruit puree
- Profiteroles and chocolate sauce

### Light Meal

- Soup (no vegetable chunks) with a white bread roll
- Meat or fish or egg, or cheese sandwich made with white bread
- Rice cakes with fish or cheese spread or ham or pate or yeast extract
- Cheese & biscuits and stewed fruit

### Snacks

- Biscuits (from list)
- Stewed fruit (no skins)
- Rice cakes
- Smooth yoghurt
- Crisps
- Sweets or chocolate (without nuts or dried fruit)
- Ice cream

# Patient Information

## Drinks

- Tea, coffee, malted drinks, milk shakes or squash may be taken as desired.
- Try to include a glass of pure fruit juice, such as apple or orange or tomato juice (no bits) or vitamin C cordial each day to ensure you are having enough vitamin C. Cooking fruit and vegetables until very soft as recommended can destroy the vitamin C content.

## Reintroducing Foods

- As your condition improves you may find you can tolerate more fibre. This varies among individuals and certain foods may still upset you. If you have strictures you may need to continue having a low residue diet, please discuss this with your doctor before increasing the fibre in your diet.
- Introduce foods one at a time and if they upset you, continue to avoid them.

## Further Information

This leaflet was produced by Coventry Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. If you have any more questions or would like further information please contact them on the number below.

**Contact number: 024 7696 6161**

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## Document History

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Contact Tel No	Ext 26161
Published	November 2007
Reviewed	February 2019
Review	February 2021
Version	4.1
Reference No	HIC/LFT/598/07