

Nutrition and Dietetics

Low Residue Diet

This patient information leaflet is suitable for adults and adolescents who require a lower fibre diet i.e. a 'flare up' of Inflammatory Bowel Disease (Crohn's Disease and Ulcerative Colitis) or patients with partial intestinal strictures (narrowing of the small bowel).

Only follow this diet 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 poo (stools)
- Reduce the risk of bowel blockage in patients with partial 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.
- Ensure you chew all foods well and do not rush meals.
- Aim for a well-balanced diet including some fruit and vegetables every day if possible. See meal suggestions.
- If you are trying to gain weight, please include 2 to 3 snacks per day.



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- If you have lost weight unintentionally, are underweight (BMI less than 18.5kg/m²) 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 mealtime e.g. milk, cheese, yoghurts, white bread, broccoli or some tinned fish.

Low residue dietary advice

	Foods to Include	Foods to Avoid
Meat, fish, eggs and alternatives	<p>Lamb, beef, pork, chicken, turkey, offal e.g. liver or kidney, sausages, 100% beef burgers.</p> <p>Fish all types (no bones) including in batter or bread crumbs.</p> <p>Tofu, Quorn.</p> <p>Eggs (cooked all ways), scotch eggs, seitan, soya mince, houmous (made from well blended chickpeas), falafel (made from well blended chickpeas)</p> <p>Well blended lentil soup, soya protein powder, pea protein powder</p>	<p>Tough meat and gristle.</p> <p>Lentils, dhal, red kidney beans, chickpeas, baked beans, butter beans, berlotti beans and all other beans and pulses</p>
Dairy produce	<p>Milk, cheese, plain or fruit flavoured yoghurt, drinking yoghurts, fromage frais, cream, butter, margarine or spreads, crème fraiche, soured cream, calcium-set tofu, calcium-fortified plant</p>	<p>Yoghurt containing whole fruit, nuts or muesli</p> <p>Cheese containing fruits or nuts</p>

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	milk, plain calcium-fortified soya or coconut yoghurt	
Cereals	<p>Cornflakes, rice cereal e.g. Rice Krispies, strained porridge e.g. Ready Brek</p> <p>White bread, chapattis made with white flour, white bagels, white tortillas, English muffins, white pitta bread, poppadoms, garlic bread, cream crackers, rice cakes, plain biscuits e.g. Rich Tea, Nice, custard creams, bourbons, shortbread</p> <p>Plain scones, sponge cakes, crispy cakes, Battenberg cake, chocolate gateaux (without nuts)</p>	<p>High fibre cereals e.g. All Bran, Weetabix, muesli, Fruit & Fibre, Oatibix, porridge oats, bran flakes, Shreddies</p> <p>Any cereals containing dried fruit or nuts</p> <p>Wholemeal bread, wholemeal crisp breads, seeded crackers</p> <p>Cakes and biscuits made with wholemeal flour or dried fruit e.g. digestive biscuits or fruit cakes</p>
Pasta	Any variety of white pasta or noodles e.g. spaghetti, macaroni, lasagne sheets, tinned spaghetti, rice noodles	Wholemeal pasta or noodles
Rice	White rice	Brown rice, pearl barley, quinoa
Vegetables	<p>Well-cooked and peeled carrots, turnips or swede, butternut squash, marrow, pumpkin, onion, spinach</p> <p>Well-cooked broccoli or cauliflower (without stalks)</p>	<p>Parsnip</p> <p>Salad vegetables e.g. lettuce, cucumber with skin, spring onions,</p>

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<p>Vegetables</p>	<p>Tinned tomatoes (without pips), passata or tomato puree</p> <p>Cucumber without skin, courgette without skin</p> <p>Soups made with blended or pureed vegetables</p> <p>All types of potato and sweet potato (without skin)</p> <p>Vegetable juice without bits</p>	<p>radishes, beetroot, whole tomatoes, peppers, raw spinach, raw onion, celery</p> <p>Peas, sweetcorn, mushrooms, beansprouts, broad beans, cabbage, sprouts, mangetout</p>
<p>Fruit</p>	<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>Ripe bananas</p> <p>Sieved pureed fruit</p> <p>Avocado</p> <p>Apple and pear without skin and core</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>
<p>Miscellaneous</p>	<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>Soup with chunks of vegetables</p> <p>Jams or marmalade with skins or pips.</p> <p>Crunchy peanut butter.</p> <p>Toffee, fudge or chocolate with fruit and nuts</p> <p>Highly spiced foods e.g. chillies, curries.</p> <p>Bombay mix, Tropical mix.</p>

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<p>Miscellaneous</p>	<p>Sweets, mints, marshmallows</p> <p>Toffee, fudge or chocolate without fruit and 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>Nuts and seeds</p> <p>Popcorn</p>
<p>Drinks</p>	<p>Cocoa powder, drinking chocolate, Horlicks, Ovaltine, milkshake syrup or mix.</p> <p>Squash, water, fizzy drinks (may increase bloating).</p> <p>Tea, coffee.</p> <p>Alcohol – check with your doctor</p>	

Meal suggestions

Breakfast

- Cereal e.g. corn or rice based cereals with milk or smooth yoghurt (no bits)
- A glass of soya milk, slices of ripe banana and vegan pancakes made using white flour
- White bread or toast with butter/spread or seedless jam or shredless marmalade or Marmite or smooth nut 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

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Main meal

- Soup (no vegetable chunks) and grated cheese with white bread roll
- Scrambled tofu on white toast with wilted spinach
- 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
- White rice, seitan and butternut squash coconut curry (made with passata, coconut milk and mild spices)
- Cottage pie/vegan shepherd's 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
- Poached pear with ice cream/soya ice cream
- Plain sponge pudding with custard/soya custard or cream
- Ripe banana or canned fruit with plain soya yoghurt
- 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

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- 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/soya yoghurt
- Smooth nut butter on white toast
- Avocado on white toast
- Crisps
- Sweets or chocolate (without nuts or dried fruit)
- Ice cream

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.

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For more 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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