

# Low Residue Diet

## Patient Information

Dietetic and Nutrition Department

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## Why low residue diet?

The low residue diet was developed to provide foods that will leave a minimal amount of undigested material in the digestive tract. The low residue diet is usually followed on a temporary basis. It may be used:

- During a flare-up in inflammatory bowel disease (Crohn's disease and ulcerative colitis) where the bowel walls are inflamed
- As part of the washout procedure for a colonoscopy or other pre-operative preparations
- To reduce friction when there is an obstruction or stricture due to cancer
- During periods of diarrhoea or abdominal cramping.

## What is a low residue diet?

The low residue diet is achieved by limiting the amount of fibre in the diet. Foods that have high fibre content are wholegrain cereals, wholemeal bread/biscuits, nuts, seeds, dried fruits, and skin/stalks of fruits and vegetables.

Food type	Foods allowed <input checked="" type="checkbox"/>	Foods to avoid X
Bread & crackers	Refined, white, wheat or seedless rye bread, rolls, melba toast, plain muffin, biscuits, pancakes, waffles	Any breads or crackers which contain whole grain flour/ barley/ bran/ seeds/ nuts/coconut/dried fruit, corn bread
Cereals	Cooked, refined wheat, corn, rice cereals; Ready-to-eat cereals made from corn/ rice/oats (Corn Flakes, Rice Flakes, Rice Krispies, Special K, Puffed Rice, Puffed Wheat)	Any wholegrain or bran cereal; oatmeal; any cereal with seeds/nuts/coconut/dried fruit
Vegetables	Most well cooked vegetables (flesh only) Liquidised vegetable juices	Raw vegetables and vegetables with seeds such as cucumber/whole tomatoes, winter squash, peas, sweet corn, mushrooms, celery.
Potato, Rice and Pasta	White or sweet potatoes, white rice, refined pasta	Skins of potatoes, barley, brown/wild rice, whole wheat pasta
Fruits	Most canned or cooked fruits, applesauce, fruit cocktail, ripe bananas, strained fruit juice.	All fresh fruit except bananas; Dried fruit and prune juice

<b>Food type</b>	<b>Foods allowed <input checked="" type="checkbox"/></b>	<b>Foods to avoid X</b>
Milk & milk products	Milk, cheese, cottage cheese, yoghurt as tolerated	Cheeses containing seed/nuts. Yoghurts with berries or seeds
Meat, Fish, Poultry & Meat substitutes	Well-cooked, tender beef, chicken, fish, lamb, liver, pork, turkey, bacon, ham veal, eggs, shellfish; smooth peanut butter	Hot dogs or sausages; any meat prepared with whole grain ingredients, seeds or nuts; dried beans, peas and lentils; chunky peanut butter
Soups	Strained cream soups, broth soups such as chicken noodle/chicken rice	Soups containing lentils, beans, split peas, whole tomatoes or any other not allowed ingredients
Desserts	Custard, ice-cream, clear jelly, soya milk, milk puddings, plain cakes/scones	Ice-cream containing fruits/nuts, popcorn, chocolate and toffee with dried fruit and nuts. Cakes/puddings/pies containing wholemeal flour/ dried fruits/nuts/coconut and other fruits which are not allowed
Beverages	Apple juice/tomato juice Soft drinks, mineral water, weak tea/coffee	Strong tea/coffee
Miscellaneous	Sugar/honey/golden syrup Gravy, tomato sauce, soy sauce	Jam with skin, peel or pips Herbs with stalks and leaves (remove before eating), excess pepper, curry, chilli powder and mustard; pickles, relishes , horseradish

## Additional Tips

- 1 small glass Fruit Juice daily to increase vitamins
- Chew food well
- Eat regularly
- Aim for six to eight glasses of fluid per day

## Low residue Diet Sample Meal Plan

<p><b>Breakfast</b></p> <p>Fruit/Juice Cereal./ Bread</p> <p>Fat Milk</p>	<p><b>Example</b></p> <p>Orange/Apple Juice Rice Krispies /Corn Flakes/ Plain English Muffin/White Toast</p> <p>Margarine Milk Coffee Sugar</p>
<p><b>Lunch</b></p> <p>Meat or substitute Bread Fat Milk</p> <p>Fruit/Dessert</p>	<p><b>Example</b></p> <p>Turkey/Chicken/Fish White bread Mayonnaise Milk</p> <p>Canned peaches/plain cake Tea Sugar</p>
<p><b>Evening Meal</b></p> <p>Meat or substitute Starch Vegetable</p> <p>Fat Milk Fruit Dessert</p>	<p><b>Example</b></p> <p>Baked chicken Mashed potato Boiled vegetables (carrots/beetroots/parsnips)</p> <p>Margarine Milk Apple sauce Vanilla ice cream/plain biscuit Tea Sugar</p>

## Contact Details

If you have any questions concerning your modified diet, please use the following contact details:

Dietitian: ..... Contact Telephone: .....

Please use this space to write notes or reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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