



Low residue diet / low fibre diet

The aim of this diet is to eliminate foods which:

- Are incompletely digested
- May irritate the bowel
- Cause bulky stools or flatulence

This diet may help to reduce bowel movements.

It is important to avoid the following group of foods:

- High fibre
- Highly seasoned and spicy foods

Foods high in fat, e.g. sausage, devon, fried foods, etc may cause discomfort and if so should then be avoided.

VITAMIN C

Since raw salads and some fruits are not permitted, the diet may be low in Vitamin C.

To overcome this, some strained fresh, bottled or canned fruit juice (check that it has added Vitamin C), such as orange, grapefruit, grapefruit, pineapple, apple or some tomato juice should be taken everyday.



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LOW FIBRE FOODS ALLOWED	HIGH FIBRE FOODS TO AVOID
<p>BREAD AND CEREALS</p> <p>White bread/muffins/crumpets White rice/pasta Cornflakes, Rice Bubbles, Semolina Plain biscuits, e.g. Saos, Jatz, Water cracker Morning Coffee, Milk Arrowroot, Marie Plain cake/scone White flour (plain or self-raising), cornflour, arrowroot</p>	<p>BREAD AND CEREALS</p> <p>Wholemeal/Wholegrain bread or flour Bread with fruit or seeds Brown rice/pasta Wholegrain cereals Weet-bix, All Bran, Rolled Oats Muesli, Bran Flakes, Shredded Wheat Wholemeal biscuits, e.g. Wheatmeal, Oat Cookies, Ryvita, Vitaweats Cake/Biscuits with coconut, dried fruit, nuts, bran</p>
<p>FRUIT AND VEGETABLES</p> <p>Limit fruit to 2 pieces per day Soft ripe fruits (without skin, pips or seeds) e.g. bananas, melons, peaches, apricots, pears, pawpaw, apples, citrus fruits (no pith) Tinned or stewed fruit (without skins) Fruit juices (without pulp, strained)</p> <p>Limit vegetables to 3 serves per day Peeled potatoes, pumpkin, squash, carrots, green beans, zucchini, choko, marrow, asparagus tips, lettuce, bamboo shoots, avocado Tomato paste/puree</p>	<p>FRUIT AND VEGETABLES</p> <p>Fresh fruit with skins, pips or seeds Prune juice, plums, dates, passionfruit, quince Tinned fruit salad, prunes, rhubarb, guava, dried fruit, figs, dates, pineapple, strawberries and other berry fruit</p> <p>Tough or stringy vegetables, spinach, baked beans, broccoli, brussel sprouts Cabbage, cauliflower, leeks, onions, parsnips, tomato, coleslaw, pickled vegetables, peas, olives, chutney, mushrooms Dried beans, peas and lentils</p>
<p>MEAT AND FISH</p> <p>Lean beef, lamb, pork, chicken, fish (grilled or baked) Casseroles/stews made with lean meat and permitted vegetables, eggs</p>	<p>MEAT AND FISH</p> <p>Casseroles and dishes containing vegetables other than those allowed Chinese-style dishes, pizza, pasties, meat pies Curries or spicy meat dishes Fatty meats, e.g. sausage, salami, devon, frankfurts</p>



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DAIRY PRODUCTS	DAIRY PRODUCTS
All milks, custards, white sauces, plain or vanilla yoghurt, cheese, ice-cream If poorly tolerated try lactose free milk substitutes, e.g. soy milk	Yoghurt or ice-cream containing fruit or nuts

FATS	FATS
Butter, cream, margarine, oils	Nuts

SPREADS	SPREADS
Vegemite, honey, clear jelly, jams, lemon butter, cheese spread, fish and meat paste	Peanut Butter Jam and marmalade with skins, seeds, peel

CONDIMENTS	CONDIMENTS
Salt, meat, yeast and vegetable extracts, vinegar, mayonnaise, tomato sauce	Mustard, pepper, pickles, spices, chutney



SAMPLE MEAL PLAN

BREAKFAST

Strained fruit juice (not prune)
Cornflakes/Rice Bubbles with milk and sugar
Stewed or allowed fruit
Egg, cheese or meat if desired
White bread/toast with margarine or butter and honey, vegemite

LUNCH

Clear soup or soup with allowed vegetables
Chicken/beef/fish/egg/cheese sandwich
Stewed, tinned fruit or fresh fruit without skin
Milk drink, tea or coffee

DINNER

Steamed or grilled lean meat, chicken or fish
Potato (peeled, boiled or mashed), white rice or noodles/white pasta
Allowed vegetables
Milk pudding

MID-MEALS

Tea, coffee, milk drink
Plain biscuit, plain cake, plain scone
Permitted yoghurt, cheese, milk drink
Permitted fruit (up to max 2 serves per day)