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**PATIENT INFORMATION:  
LOW RESIDUE DIET**

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### Why follow a low residue diet?

A low residue diet is recommended when people need to avoid foods that may irritate an inflamed bowel or obstruct narrowed parts of the bowel.

A low fibre diet may be recommended when experiencing diarrhoea caused by a flare up of inflammatory bowel disease such as Crohn's disease or ulcerative colitis, as a result of pelvic or abdominal radiotherapy or to prepare your bowel for investigations or surgery.

### What is a low residue diet?

Certain foods containing fibre normally aid the movement of food and fluid through your gut. This 'roughage' adds bulk to the stools and is usually encouraged as part of a healthy diet.

However, in certain conditions and/or in preparation for particular procedures, it is advisable to avoid these foods, because they can leave behind a 'residue' after digestion.

A low-residue diet may help to prevent blockages in your bowel by reducing foods which are poorly or partially digested. This diet may also be recommended when reintroducing food after surgery or after following a liquid only diet.

The following table shows foods to include and foods to avoid when following a low residue diet.

<b>Food Type</b>	<b>Foods to include</b>	<b>Foods to avoid</b>
Bread, cereal and nuts	<p>White bread, English muffins, plain scones and bagels, pancakes, white pitta bread, plain naan bread, plain chapatti, poppadoms – white flour.</p> <p>Refined breakfast cereals such as Cornflakes, Rice Krispies, Special K.</p> <p>White rice, pasta and noodles.</p> <p>Cornflour, white flour</p> <p>Sweet plain biscuits such as rich tea, gingernuts or Nice</p> <p>Plain sponge cake made with white flour.</p> <p>Plain crackers such as cream crackers.</p> <p>Smooth Peanut butter.</p>	<p>Wholemeal, granary, rye bread. All fruit/nut breads, including walnut, granary or fruit muffins or scones and pastries with fruit/dried fruit.</p> <p>Wholegrain cereals such as All-bran, Weetabix, muesli, Shredded Wheat, porridge (jumbo oats).</p> <p>Brown rice, brown pasta, cous cous, semolina, polenta</p> <p>Wholemeal brown or granary flour, gram flour, wheat germ, quinoa, pearl barley, oatmeal, wholemeal noodles</p> <p>Digestive biscuits, Hobnobs, health bars, flapjacks, nut biscuits, biscuits or cakes made using oats, dried fruit or dried coconut.</p> <p>Fruit cake, teacakes with raisins.</p> <p>Ryvita, whole wheat crispbreads.</p> <p>Whole nuts, seeds, including pumpkin, sunflower and sesame seeds.</p>
Fruit	<p>Tinned or fresh fruit without skin or seeds as advised by dietician, stewed apple (without skin).</p> <p>Fruit juices, smooth coconut milk.</p> <p>2 portions of fruit per day</p>	<p>All fruit skins, stalks, seeds and stones.</p> <p>All Dried Fruit</p> <p>Smoothies</p>

Food Type	Foods to include	Foods to avoid
Vegetables	<p>Flesh only (no peel, seeds or stalks) – well cooked.</p> <p>Sieved tomato sauces, including passata and tomato puree.</p> <p>Strained vegetables.</p> <p>Mashed potato, baked potato with skin removed, chips with skin removed (not too often).</p> <p>2 portions per day</p>	<p>All vegetable stalks, skins, seeds and peel.</p> <p>Raw vegetables, skins and pips of all vegetables, all pulses such as baked beans, butter beans and kidney beans, peas, lentils, sweetcorn, spinach.</p> <p>Potatoes with skin on.</p> <p>All curries made with lentils, beans, legumes/pulses.</p>
Dessert	<p>Custard, ice cream, milk puddings.</p> <p>Clear jelly.</p> <p>Plain cakes.</p> <p>Vermicella (seviyan/plain kulfi)</p>	<p>Ice cream containing fruit and nuts, cakes, puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid.</p> <p>Shrikhand, gulab jaman, Halva, all sweets made with nuts/coconut or gram flour.</p>
Milk and milk products	<p>Milk (all types), cream, sour cream, crème fraiche, fromage frais, smooth yoghurt, cheese (any including paneer).</p> <p>Plain, sweet or salty Lassi.</p>	<p>Any milk products containing fruits, nuts, seeds or cereals.</p>
Meat and meat alternatives	<p>All meats and fish.</p> <p>Eggs.</p> <p>Tofu.</p>	<p>Gristly and fatty meat, tough skin, fish skin and bones.</p> <p>Quorn and soya beans.</p>
Drinks	<p>Fruit and vegetable juices, milk, water, soft drinks, weak tea and coffee, herbal tea.</p>	<p>Fruit and vegetable juices with pulp, prune juice, caffeine containing drinks such as espresso, energy drinks and cola, alcohol in excess (no more than 2-3 units per day).</p>

Food Type	Foods to include	Foods to avoid
Miscellaneous	<p>Smooth or sieved soup.</p> <p>Sugar, honey, golden syrup, lemon curd, jelly jam.</p> <p>Custard powder, boiled sweets, toffee, caramel, marshmallows, plain/milk/white chocolate.</p> <p>Pepper, salt, herbs and spices in moderation (dried or finely chopped).</p> <p>Gravy, tomato sauce, soy sauce, plain crisps, pretzels (without sesame seeds).</p>	<p>Soup with pieces such as minestrone.</p> <p>Jam or marmalade with skin, peel or pips.</p> <p>Chocolate with dried fruit, nuts or seeds, coconut.</p> <p>Wholegrain mustard, pickles, relish.</p> <p>Hummus, coleslaw, popcorn, corn chips.</p> <p>Bombay mix, Sev, Ghatia.</p>

### Handy Hints:

- Eat small meals at regular intervals (every 3-4 hours).
- Chew food slowly and thoroughly.
- Avoid food that is too hot or too cold.
- When introducing new foods, introduce only one at a time. This will help you to rule out foods that aggravate your symptoms.
- Avoid large quantities of caffeine or alcohol as these may worsen your symptoms.
- Avoid rich sauces and spicy food if they worsen your symptoms.
- It is important to maintain a good variety of foods, especially if you follow these guidelines for more than a few weeks.
- Large volumes of milk may not be well tolerated. If so, just use small quantities (in tea and coffee for example).
- Avoid fizzy drinks if they worsen your symptoms.
- Be cautious with ready meals and pre-prepared foods as they may contain some of the ingredients known to aggravate your symptoms.
- If eating is difficult, speak to your dietician about ways to increase your calorie and protein intake to ensure adequate

nutrition. Nutritional supplements may be considered, you dietician my recommend a multi-vitamin and mineral supplement.