



# Low Fibre (Low Residue) Diet

## A patient's guide

### What is a low fibre (low residue) diet?

Dietary fibre is the part of plants which is not digested but continues to pass through the gut without being absorbed.

Your doctor or dietitian may recommend following a low fibre diet, as this can help to:

- Reduce the volume and frequency of stools
- Lengthen the time taken for food to pass through the gut.
- Reduce the bulk of the stool, making it easier for the stool to pass through any narrowed part of your bowel (stricture)
- Reduce the amount of gas produced in the large bowel and so help to reduce symptoms such as bloating and stomach discomfort.

It may also be recommended for bowel preparation before undergoing bowel investigations to ensure the bowel is 'cleared out'.

### What foods are low fibre?

Meat, poultry, fish, eggs, cheese, milk and smooth yoghurts/fromage frais, butter/margarine and oils do not contain fibre and can be eaten as usual.

	Low fibre foods allowed	High fibre foods to avoid
<b>Bread and flour</b>	White bread, white flour, pastry made white flour	Wholemeal, granary, rye, brown, 'High Fibre', '50/50' flours and breads.
<b>Breakfast cereals</b>	Cornflakes, Rice Krispies, Special K, Sugar Puffs, Cocopops	Wholegrain breakfast cereals, e.g. Weetabix, All Bran, Bran Flakes, Ready Brek, muesli and porridge
<b>Pasta and rice</b>	White rice and pasta	Brown rice and whole-wheat pasta
<b>Biscuits and crackers</b>	Biscuits and crackers made with white flour, e.g. Rich tea, custard creams, short bread, cream crackers, rice cakes	Wholegrain biscuits and biscuits containing dried fruit, e.g. Digestives, Hobnobs, flapjacks, fig rolls, oatcakes.
<b>Cakes and desserts</b>	Cakes made with white flour, milk puddings, custard, jelly, ice cream, mousse.	Cakes containing wholemeal flour, dried fruit or nut. High fibre fruit yoghurt or yoghurt containing muesli.



<b>Fruit and vegetables</b>	<p><i>Try not to eat all fruit and vegetables at one meal – spread them out across the day. Limit to 1-2 portions.</i></p> <p>Bananas, mango, papaya, pineapple, melon, fruit with skin removed) e.g. peeled apples and peaches), pureed or cooked fruit, tinned fruit. Fruit juice – no bits (150ml/day)</p> <p>Carrots, cauliflower, swede, turnip, cooked onion and garlic, mushrooms, cucumber, tinned tomatoes, leeks, peppers, radish, cress. Peeled white or sweet potato.</p>	<p>Fruits with skin on, fruits with seeds (e.g. berries), citrus fruit, coconut, rhubarb, dried fruit.</p> <p>Fruit juice – with bits, smoothies</p> <p>Cabbage, broccoli, sprouts, sweetcorn, green beans, aubergine, unpeeled potatoes.</p>
<b>Pulses</b>	None.	All pulses, including peas, beans and lentils.
<b>Nuts and seeds</b>	None.	All nuts and seeds, coconut.
<b>Snacks</b>	Potato crisps, plain chocolate, sweets.	Popcorn, tortilla chips, Bombay mix, Twiglets®, cereal bars chocolates or sweets containing dried fruit/nuts/coconut.
<b>Spreads</b>	Jam, marmalade, honey, marmite, lemon curd	Hummus and nut butters (including peanut butter).

*Aim to have a regular meal pattern and include foods from all food groups.*

It is important to follow this diet for as long as your doctor or dietitian recommends. If you follow this diet for **longer than two weeks** you may need to take a vitamin and mineral tablet to ensure your body is getting all the nutrients it needs (consult with your doctor or dietitian to discuss whether a vitamin or mineral tablet is needed).

#### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whithealthPALS@nhs.net](mailto:whh-tr.whithealthPALS@nhs.net)

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