

# Eating a low fibre or residue diet

## Helpful Hints and Tips

### How to follow a low fibre or residue diet

You have been advised to follow a diet low in fibre. Your Stoma Nurse will explain why. This leaflet gives general guidelines on what to eat and what to avoid.

Some people will need to follow the advice very strictly, while others can adapt the guidelines for their particular concern.

#### KEY

- ✓ FOODS THAT YOU CAN EAT
- ! FOODS THAT YOU SHOULD EAT WITH CAUTION
- X FOODS THAT YOU SHOULD AVOID

### Foods allowed

You can still enjoy plenty of tasty and nutritious foods as part of a low fibre and residue diet. Here are some of the **foods that you can eat (✓)** without concern.

#### Fruit and vegetables

- ✓ Well-cooked or pureed root vegetables
- ✓ Cooked/stewed and peeled fruits (no seeds)
- ✓ Tomatoes without skins or pips
- ✓ Tinned fruit
- ✓ Ripe bananas



#### Drinks and sauces

- ✓ Fruit puree and tomato puree
- ✓ Fruit juices and sieved smoothies
- ✓ Vegetable juice and smooth sauces
- ✓ Creamed soups
- ✓ Fruits squashes and smooth condiments
- ✓ OXO ® and Bovril ®



## Carbohydrates

- ✓ Mashed, or well-cooked, potatoes without skins
- ✓ White bread and anything made with white flour
- ✓ Well-cooked and pureed lentils and pulses without skins
- ✓ Soft crisps e.g. Quavers®, Skips®, Wotsits™
- ✓ Well-cooked white rice, semolina, tapioca
- ✓ White pasta



## Protein

- ✓ Wafer thin meats, skinless sausages and smooth pate
- ✓ White fish without bones or skin
- ✓ Plain tofu, soya products and Quorn™
- ✓ Well-cooked and tender meal and poultry (fat and skin removed)
- ✓ Soft, well-cooked beans (only if chewed thoroughly)



## Fats and Sugars

- ✓ Plain sponges, madeira cake, custard, ice cream
- ✓ Cakes, crackers, scones and muffins
- ✓ Plain and chocolate biscuits
- ✓ Jelly, instant whip dessert, meringue
- ✓ Yorkshire puddings
- ✓ Yoghurt and mousse
- ✓ Boiled sweets



## Breakfast foods

- ✓ Cornflakes, Rice Krispies®, Ready Break®, Sugar Puffs®
- ✓ Jelly jams and jelly marmalade (no pips or peel)
- ✓ Chocolate spread
- ✓ Lemon curd, honey, syrup, smooth peanut butter



## Food to eat with caution or avoid

There are some foods that will affect your bowel/stoma function and make you feel unwell. Here is a list of foods you should avoid (x) or eat with caution (!) as part of your low fibre or residue diet.

### Fruit and vegetables

- X Fresh grapefruit, pineapple, mango and coconut
- X Raw vegetables, most salad leaves and potato skins
- X All dried fruit and berries (unless in a smoothie)
- ! Citrus fruits should be avoided unless tinned, then eat with caution
- ! Pickles and spices
- ! Skinned and deseeded fruit



### Drinks

- X Strong tea and coffee
- X Fizzy Drinks



### Carbohydrates

- X Seeded bread
- X Coarse grains, flapjacks and Hobnobs®
- X Quinoa, flavoured cous cous and pearl barley
- ! Wholemeal and brown bread, rice and pasta
- ! Potato skins, chips and waffles
- ! Plain couscous



### Fats and sugars

- X Rich, heavy puddings
- X Desserts/jams/chocolates with fruit, seeds and nuts
- X Excess sugar and sweeteners
- ! Trifle and fruit pies
- ! Popcorn and cereal bars



## Protein

- X Firm beans and pulses with coarse skins
- X Chewy stews and broths
- X Tough and gristly meats
- X Pork/meat pies
- X Dried sausages e.g. chorizo
- X Nuts, pork scratchings, Bombay mix
- ! Soft, well-cooked beans
- ! Products coated in breadcrumbs
- ! Coarse pate
- ! Seafood, mussels, clams, winkles and cockles



## Breakfast foods

- X Shredded Wheat ®, bran cereals
- X Cereals containing nuts and seeds
- ! Weetabix ® and porridge (can be eaten with lots of milk)



### QUICK TIPS

- It's a good idea to have small frequent meals and avoid large, heavy meals.
- Eat meals slowly and chew food well. Avoid rushing meals
- Anxiety and stress can also disrupt your digestions
- Drink plenty of fluids and include some juice (without bits) to get Vitamin C intake
- Some spicy foods may cause discomfort too.

### Food Diary

Sometimes, filling in a food and symptom diary can help you decide which foods cause problems or symptoms (such as abdominal pain or cramps, bloating and even nausea and vomiting in extreme cases).

	BREAKFAST	LUNCH	DINNER	DRINKS	SNACKS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					