



Berkshire Healthcare NHS Foundation Trust  
Royal Berkshire NHS Foundation Trust

# Low residue diet

## Information for patients

Name \_\_\_\_\_

Your Dietitian \_\_\_\_\_

Dietitian contact number: 0118 322 7116

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# **Dietary advice for people with Inflammatory Bowel Disease (IBD).**

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## **What is Inflammatory Bowel Disease?**

Crohn's disease and ulcerative colitis are known as inflammatory bowel disease. They are bowel conditions that can flare up from time to time, causing pain and diarrhoea.

## **Do I need a special diet?**

When you are feeling well you can follow a healthy high fibre diet; however there will be times when your digestive system becomes inflamed and your symptoms may be worsened by certain foods. Typically these are foods which are high in fibre and produce a lot of waste (residue). By avoiding these foods you can help to control your symptoms until things have settled down.

## **Reducing your fibre intake**

Fibre is the part of plant foods that you cannot digest and therefore foods high in fibre leave a residue in your bowel. To help control your diarrhoea, avoid high fibre foods such as:

- Wholemeal breads and wholegrain cereals
- Fruit
- Vegetables
- Nuts
- Seeds

You may find that you can tolerate some fruit and vegetables in your diet. Those listed in 'the foods to eat' column of the table on the following pages, are low in fibre and should not upset you when eaten in moderate amounts.

A diet low in fibre can also be low in Vitamin C, so have a glass of fruit juice or Vitamin C enriched fruit squash daily.

## Milk and your diet

Milk and milk products also leave some residue in your bowel.

However milk is an important source of protein and calcium. If you suspect that milk is making your diarrhoea worse, your dietitian will advise you on ways to adapt your diet.


**It is not advisable to cut milk and milk products out of your diet, without first consulting your dietitian or doctor.**

## Drink plenty of fluids


A good fluid intake is particularly important if you have diarrhoea.



Remember to drink regularly. You need to drink at least 8 cups of fluid each day. If you find fluids filling, it may help to drink between meals instead of with them.


There may be times when your fluid intake may need to be restricted, but you will be guided by the medical or surgical team as appropriate.

<b>Food group &amp; portion size</b>	
<p><b>Bread, cereals, rice, pasta. One portion:</b></p> <ul style="list-style-type: none"><li>• 2-4tbsp cereal</li><li>• 1 slice of bread</li><li>• 2-3 plain crackers</li><li>• 2-3 tbsp rice, pasta or mashed potato</li><li>• 2 new potatoes or half a baked potato (without the skin)</li></ul> <p><b>Recommended daily portion: 7-14</b> (include starchy foods at all meals)</p>	 An illustration of a loaf of brown bread with a slice cut out, placed on a light yellow circular background. To the left of the bread are several stalks of wheat with golden heads. Below the bread are several chickpeas. The entire illustration is set against a white background within the table cell.

**Note: tbsp = tablespoon, tsp = teaspoon**

<p><b>Food group &amp; portion size</b></p>	
<p><b>Fruit &amp; vegetables. One portion:</b></p> <ul style="list-style-type: none"> <li>• Banana or apple (peeled)</li> <li>• 1 slice of melon</li> <li>• 1 small glass of clear fruit juice</li> <li>• 3 heaped tbsp of allowed vegetables</li> <li>• 2 new potatoes or half a baked potato (without the skin)</li> </ul> <p><b>Recommended daily portion:</b> <b>5 or more</b></p>	
<p><b>Low fibre foods (allowed)</b></p>	<p><b>High fibre foods (avoid)</b></p>
<p>White bread, rolls &amp; crispbreads  White flour &amp; white flour products  e.g.: biscuits (Rich tea, Marie), cream crackers  Potatoes – no skin  Refined breakfast cereals e.g.:  Cornflakes, Rice Krispies  White rice and pasta</p>	<p>Wholemeal, granary, soft grain &amp; brown bread, rolls &amp; crispbreads  Wholemeal flour &amp; flour products such as digestive &amp; whole wheat biscuits.  Flapjacks &amp; cereal bars  Wholegrain or bran cereals e.g.: Weetabix, Branflakes, cereals with added fruit and nuts  Brown rice, wholemeal pasta</p>
<p><b>Fruit:</b> melon (no skin or seeds), tinned mandarins, tinned grapefruit, tinned peaches (without pith), fruit juice (clear and without pith e.g.: apple juice).</p>	<p>All fruit not in the low fibre foods column.</p>

<b>Food group &amp; portion size</b>	
<p><b>Vegetables:</b> Potato &amp; sweet potato, (without skins) pumpkin, squash, root vegetables: carrots, parsnip, swede, turnip, beetroot, celeriac, lettuce, peeled cucumber, skinned &amp; deseeded, tomatoes, cauliflower &amp; broccoli florets (no stalks), peeled marrow, aubergine, courgette</p>	<p>All vegetables, except those in the low fibre foods column.</p>
<p><b>Milk &amp; dairy foods. One portion:</b></p> <ul style="list-style-type: none"> <li>• 1/3 pint of milk</li> <li>• Small pot plain yoghurt</li> <li>• 2 tbsp cottage cheese</li> <li>• 1 1/2 oz (40-45g, matchbox size) cheese</li> </ul> <p><b>Recommended daily portion: 3</b></p>	
<p><b>Protein.</b></p> <p><b>One portion:</b></p> <ul style="list-style-type: none"> <li>• 2-3 oz (60-85g) meat, poultry or vegetarian alternative</li> <li>• 4-5 oz (120-140g) fish</li> <li>• 2 eggs</li> </ul> <p><b>Recommended daily portion: 2-3</b></p>	

<b>Food group &amp; portion size</b>	
<p><b>Fatty &amp; sugary foods. One portion:</b></p> <ul style="list-style-type: none"> <li>• 2 tsp spread, butter, oil or salad dressing</li> <li>• 2 tsp sugar, jam or honey</li> <li>• 1 mini chocolate bar</li> <li>• 1 scoop ice cream</li> <li>• 1 tbsp cream</li> </ul> <p><b>Recommended daily portion: 0- 4</b></p>	
<b>Low fibre foods (allowed)</b>	<b>High fibre foods (avoid)</b>
<p>Cheese (as tolerated) Milk Plain and set yoghurt or fromage frais (as tolerated)</p>	<p>Yoghurt or fromage frais containing fruit pieces and nuts</p>
<p>Meat, poultry and offal Fish – no bones Eggs</p>	<p>Tough or stringy meats Fish with edible bones e.g.: tinned salmon Tinned or ready meals containing vegetables Pulses -beans, lentils, peas Nuts and nut butter</p>
<p>Plain cake and jelly Plain milk puddings &amp; ice cream (as tolerated) Sugar, glucose, 'jelly' jams, honey, syrup, lemon curd Boiled sweets and confectionery without fruit or nuts Butter, margarine, oil, cream</p>	<p>Cakes and desserts with fruit and nuts Coarse marmalade Jam with pips or seeds. Peanut butter, toffee or chocolate with fruit or nuts</p>

## Miscellaneous

<b>Low fibre foods (allowed)</b>	<b>High fibre foods (avoid)</b>
Clear or meat soups without vegetables, beans or pulses Vinegar, lemon juice Spices (as tolerated) Marmite, Bovril Water, tea, coffee, squash	Soup containing vegetables, beans or pulses (peas, beans, lentils) Pickles, chutney High glucose drinks (Lucozade)

## Some menu ideas to try

### Ideas for breakfast

Fruit juice plus either:

- Cornflakes/Rice Krispies with milk and sugar
- Buttered white toast with seedless jam
- Poached egg on white toast

### Ideas for main meals

- Roast beef with mashed potato, cauliflower florets, Yorkshire pudding and gravy
- Spaghetti in creamy ham sauce
- Boneless fish in white sauce with rice and carrots
- Grilled chicken with rice and marrow
- Pasta served with tomato sauce and grated cheese

### Ideas for snack meals

- Macaroni cheese
- Cream of tomato soup with added diced meat served with buttered roll
- Toasted tuna sandwich
- Ham omelette with white bread roll

## **Ideas for between meal snacks**

- Plain or cheese scones
- Crumpets and seedless jam
- Cream crackers with meat pate or soft cheese

## **Ideas for between meal snacks**

- Instant Whip desserts
- Jelly and ice cream
- Plain sponge and custard
- Stewed apples and natural yoghurt

## **Reintroduction of foods**

Once your symptoms have improved and your bowels are less inflamed, you may be able to slowly re-introduce fibre into your diet.

Introduce one new food at a time, in small amounts.

It is advisable to try cereal fibre first, e.g.: wholemeal bread, and leave very fibrous foods out, such as celery, raw vegetables and pulses.

If discomfort occurs, withdraw the food, and retry at a later time.

Avoid those foods known to upset you.

If you are following a low fibre/residue diet for a prolonged period, it is advisable that you see a dietitian to have the nutritional adequacy of your diet checked.

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**Please ask if you need this information in another language or format.**

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