



Department of Nutrition and Dietetics

Low Fibre/Low Residue Diet Advice

This leaflet explains what a low fibre diet (also called a low residue diet) means. It also lists the foods allowed and those to avoid. If you need further advice, please ask your dietitian or healthcare team.

Why should I follow a low fibre diet?

You may have been advised to have a low fibre diet because:

- Your bowel has become narrowed/partly blocked or
- To limit bowel symptoms.

How long will I need to follow a low fibre diet?

You will probably only need to follow this diet for a short time. Usually you can stop the low fibre diet once your bowel symptoms are better or the blockage in your bowel has been treated.

The clinician who told you that you need the low fibre diet should tell you how long for; if they did not, please contact them and ask.

If you are advised to stay on the low fibre diet long term, please ask for advice from a Dietitian.

What is a low fibre diet?

A low fibre diet is a diet with very little fibre (also called roughage). You must not eat foods that are high in fibre, including some fruit, vegetables, pulses and wholemeal cereal foods.

Low fibre foods have less than 3g of fibre per 100g. This information can be found on the product's nutritional label.

Fibre is indigestible and provides bulk to your stool.

A low fibre diet may also help symptoms such as bloating, gut pain and diarrhoea.

Which foods can I eat and what should I avoid?

This section lists the foods which are low fibre in the 'Foods Allowed' boxes. It also lists foods that are high in fibre in the 'Foods to Avoid' boxes.

Cereal Foods, Breakfast Cereals and Biscuits

Foods Allowed	Foods to Avoid
<ul style="list-style-type: none"> ✓ White flour and white bread, crumpets, rolls, chapatti, poppadum's ✓ White pasta, noodles (spaghetti, macaroni) ✓ White rice ✓ Couscous ✓ Sago ✓ Tapioca ✓ Rice Krispies, Coco Pops, Corn Flakes, Frosties, Special K, Sugar Puffs ✓ Rich Tea, Marie, shortbread, Jaffa cakes, custard creams ✓ Wafers ✓ Cream crackers, water biscuits ✓ White flour crispbread, breadsticks 	<ul style="list-style-type: none"> ✗ Wholemeal, brown and soya flours ✗ All other breads, including white high fibre (Best of Both, 50:50) ✗ Wholemeal pasta ✗ Brown rice ✗ Wholegrain cereals (Shredded Wheat, Weetabix), All Bran, Bran Flakes, porridge, muesli and any cereal with added fruit or nuts ✗ Any biscuits containing fruit or nuts ✗ Wholemeal biscuits, Digestives, Hob-Nobs, flapjack, oatcakes, fig rolls ✗ Rye and wholegrain crispbreads, Hovis crackers

Dairy Products and Eggs

Foods Allowed	Foods to Avoid
<ul style="list-style-type: none"> ✓ Milk ✓ Cheese ✓ Yogurt and fromage frais (without bits) ✓ Probiotic drinks ✓ Butter and margarine ✓ Cream ✓ Eggs ✓ Dairy alternatives 	<ul style="list-style-type: none"> ✗ Cheese containing fruit or nuts ✗ Yogurt containing fruit, nuts, muesli

Vegetables

Foods Allowed	Foods To Avoid
Always peel vegetables, remove seeds and stalks and cook vegetables until soft.	
<ul style="list-style-type: none"> ✓ Aubergine, beetroot, carrot, courgette, marrow, onion, peppers, radish, swede, tomatoes, cauliflower and broccoli florets, parsnips, baby spinach ✓ Garlic (a small amount in cooking) ✓ All potatoes ✓ Avocado, peeled cucumber, dark green salad leaves 	<ul style="list-style-type: none"> ✗ All peas, beans and lentils ✗ Celery, leeks, asparagus, spring onion, mushrooms ✗ Beansprouts, Brussels sprouts, cabbage, mange-touts ✗ Sweetcorn ✗ Potato skins

Fruit

Foods Allowed	Foods To Avoid
Always peel fruit and avoid all pith and seeds.	
<ul style="list-style-type: none"> ✓ Apples, apricots, bananas, fruit cocktail, lychees, melon, nectarine, peaches, pears, plums ✓ Small amounts seedless grapes, cherries, strawberries ✓ Limit amounts of clementines, oranges, grapefruit, satsumas, tangerines and eat with caution due to the skin around each segment 	<ul style="list-style-type: none"> ✗ All dried fruit, including banana chips ✗ Blackberries, blackcurrants, coconut, cranberries, figs, gooseberries, guava, kiwi, loganberries, mango, passion fruit, pineapple, raspberries, redcurrants, rhubarb

Meat, Fish and Poultry

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ All meat, fish, poultry ✓ Tofu 	<ul style="list-style-type: none"> ✗ Gristly, tough meat ✗ Fish bones (should be removed) ✗ Quorn/Soya mince or meat pieces

Cakes and Puddings

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ Cakes made with white flour (Victoria sponge, chocolate sponge, Madeira cake) ✓ Plain and cheese scones ✓ Pancakes, custard tart, eclairs, meringue ✓ Ice-cream, jelly, sorbet, instant whip, crème brûlée, custard 	<ul style="list-style-type: none"> ✗ Cakes made with wholemeal flour, fruit or nuts (fruit loaf, malt loaf)

Condiments

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ Honey, syrup, treacle, lemon curd, jam, marmalade (not containing bits) ✓ Ketchup, mayo, brown sauce, salad cream ✓ Salt, pepper, vinegar, herbs and spices ✓ Bovril, Marmite ✓ Stock cubes 	<ul style="list-style-type: none"> ✗ Jam and marmalade containing bits ✗ Pickles, chutneys

Miscellaneous

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ Crisps, Snack-a-Jacks, pretzels ✓ Smooth peanut butter 	<ul style="list-style-type: none"> ✗ Popcorn, nuts, seeds, tropical mix, Bombay mix ✗ Crunchy peanut butter

Confectionery

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ Chocolate, fudge, toffee ✓ Boiled sweets, peppermints ✓ Fruit gums and pastilles ✓ Marshmallows, Turkish Delight (without nuts) 	<ul style="list-style-type: none"> ✗ Any sweets containing nuts or fruit

Drinks

Foods Allowed	Foods To Avoid
<ul style="list-style-type: none"> ✓ Tea, coffee, chocolate, squash, fizzy drinks, alcoholic drinks ✓ All fruit juice <i>not</i> containing bits ✓ Supplement drinks: Aymes, Complan, Ensure, Fortisip, Fresubin, Meritne Scandishake, Ensure 	<ul style="list-style-type: none"> ✗ Vegetable juice drinks and fruit smoothie drinks ✗ Fruit juice containing bits ✗ Supplement drinks containing fibre eg Meritene soup, Fortisip Compact Fibre

What about vitamin and mineral supplements?

If you follow a low fibre diet for more than a month, it may be helpful to take a multi-vitamin and mineral supplement every day. This is because many high fibre foods that you have to avoid are good sources of vitamins and minerals, which your body needs to keep healthy.

Most supermarkets, chemists and health food shops sell one-a-day A-Z multi-vitamin and mineral supplements, which is what you will need.

Contact Details:

We hope that you have found this information useful. If you have any questions, or are worried about anything, please speak to the following Dorset County Hospital Staff:

Dietitian's Department: 01305 254415
Dietetic.secretary@dchft.nhs.uk

About this leaflet:

Author: Ashley Davis, Dietitian
Written: November 2016
Updated by: Persephone Scotcher, Dietetic Assistant
Katy Brown, Locum Dietitian January 2021
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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk