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- GPs
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Ref: MCH 675

Who to contact

Nutrition and dietetics
t: 0300 123 3444
Unit 7 Ambley Green, Gillingham, Kent ME8 0NJ
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Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -
Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ
t: 0300 123 3444
medch.customercare@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net



Low residue (low fibre) diet

Information for patients

Nutrition and Dietetics department



Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
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Registered in England and Wales, Company number: 07275637



What is residue?

Certain foods that we eat which are particularly fibrous are not completely digested or absorbed, therefore leaving “residue” in the bowel. It is found in a lot of high fibre foods such as wholemeal products, wholegrains and a large proportion of fruit and vegetables.

Why do I need a low residue diet?

Your Doctor or Dietitian may suggest a low residue diet for one of the following reasons:

- Diverticulitis
- Ulcerative Colitis
- Crohn’s disease
- Intestinal strictures and preventing blockages in the bowel
- Reintroduction of food after surgery following a liquid diet

Reducing the residue in the diet should minimise symptoms of diarrhoea, bloating and wind or flare-ups of digestive conditions.

How long do I need to follow the low residue diet for?

The duration of a low residue diet will depend on the reason for following this diet. It can vary from a few days to long term. Your Dietitian can support you with this.

How will I need to change my diet?

Steps you can take:

- Choose white starchy foods and cereals
- Check fibre content on food labels e.g. less than 10g per 100g
- Choose cooked or peeled fruits and vegetables, avoiding skins, seeds and pips
- Avoid juices with pulp/’bits’ and prune juice
- Chewing foods thoroughly
- Avoid large intake of caffeine, alcohol, fizzy drinks as these may worsen symptoms

You should still have well-balanced meals but to choose foods on the ‘suitable foods’ list. The following table shows foods to include and foods to avoid, when following a residue diet.

Reintroducing residue into the diet

As your symptoms and condition improves, you may be able to start to reintroduce some foods back into the diet. Once your Doctor or Dietitian has advised you to revert back to a normal diet, it is recommended to reintroduce foods slowly to allow a gradual increase of fibre. It can be beneficial to complete a food and symptom diary for monitoring purposes. If there is any discomfort, avoid it and retry again at a later date.

Contact Details

Dietitian:

Telephone number: 0300 123 3444

Suggested Meal Plan Examples:

Breakfast

Cornflakes, sugar puffs, Rice Krispies with +/- milk and sugar
 White bread or toast with margarine or butter and honey, marmite or seedless jam
 Tea / water / juice with no bits

Mid-morning snack

Plain biscuit
 Yoghurt
 Suitable fruits as listed above

Lunch

Soup (smooth and with no vegetable chunks)
 Jacket potato (no skin) with cheese or tuna mayo as a filling
 Scrambled eggs on white toast
 Sandwich with white bread with cold meats/fish/eggs

Mid-afternoon snack

Tea / coffee / squash with Victoria sponge, iced buns

Evening meal

Meat, chicken, fish or eggs
 White pasta, rice, bread or potato (no skin)
 Vegetables (from the suitable vegetables section)
 Pudding: rice pudding, ice cream, crème caramel, jelly and cream

Food Group	Suitable foods (Low residue foods)	Not advised (High residue foods)
Starchy foods including breads and cereals	Breakfast cereals such as Cornflakes, Frosties, Rice Krispies, Special K, Sugar Puffs White breads, rolls, breadsticks, crumpets, bagels, pancakes, English muffins Chapatti, naan, poppadoms and pitta made with white flour White flour, cornflour, pastry made with white flour White or sweet potatoes (no skin) White rice, pasta and noodles.	High fibre breakfast cereals such as Weetabix, muesli, Fruit and Fibre, bran flakes or Shreddies Wholemeal bread, wholemeal crisp breads, seeded crackers Wholemeal pasta or noodles Brown rice, pearl barley, quinoa Cakes, biscuits or cereals made with dried fruit e.g. fruit loaf
Fruits	Peeled, well-cooked or stewed fruit Smooth fruit juices Tinned apricots, peaches, mandarins, pears Bananas (small and ripe) Melon with no seeds Mangoes, plums, nectarines Skinless grapes Ripe apples or pears (no skin)	Fruit juices or smoothies with bits or pulp Figs, prunes or berries (including strawberries and raspberries) Mango Dried fruit Pineapple
Vegetables	Eat flesh of the vegetables only, no seeds, peel, pith, or stalks Carrots, swede, butternut squash, pumpkin Broccoli or cauliflower without stalks Courgette (no skin) Marrow (no skin) Strained vegetable juices Smooth or sieved soup Sieved tomato sauces including passata or tomato puree	Avoid raw or 'stringy' vegetables Cabbage, kale, celery, cucumber, fennel, okra, leek, peas, sweetcorn, peas, sprouts. Pulses such as kidney beans, baked beans, chickpeas and lentils All raw salad vegetables



Food group	Suitable foods (Low residue foods)	Not advised (High residue foods)
Meat, fish and alternatives	Tender, ground or well-cooked meats, fish, poultry, eggs	Tough, fatty, gristly meat/meat products e.g. sausages, crackling Skin on meat or fish Edible fish bones e.g. pilchards Quorn
Dairy	All types of milk, cream, sour cream, crème fraiche, fromage frais, smooth yoghurt, butter, margarine and cheese	Yoghurts and cheese containing fruits or nuts
Miscellaneous	Sugar, honey, syrup Jelly, seedless jam, smooth peanut butter, lemon curd, ice cream, lollies, sorbet Boiled sweets, mints, marshmallows, chocolate and fudge Crisps Bovril, Marmite, gravy and stock cubes Condiments such as mayonnaise, tomato ketchup, salad cream, brown sauce, mustard, barbecue sauce	Jams and marmalade with skins or pips Crunchy peanut butter Sweet or chocolates with dried fruits or nuts Nuts and seeds Popcorn Hummus

Please bear in mind that everyone's tolerances to food is different, therefore, some foods which are deemed suitable in a low residue diet may not agree with you. If a food makes your symptoms worsen, do not eat it for a short period of time until you feel better.