



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Low Residue Diet

Information for patients, relatives and carers

① For more information, please contact:

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# Introduction

You have been advised to follow a low residue diet, please continue to do so until your consultant states otherwise.

Fibre or roughage is found in fruits, vegetables, wholegrain cereals, nuts, seeds, beans and pulses.

Fibre is not absorbed into the body and remains as residue in the gut as the main part of faeces or stools.

You may be advised to follow a low residue diet to reduce the risk of blockage or to control symptoms (for example, in inflammatory bowel disease).

This leaflet contains information to help you to choose foods which you can enjoy safely whilst ensuring an adequate intake.

- Try to eat slowly and take small mouthfuls.
- Ensure you chew food thoroughly and avoid hard lumps and gristle.
- If you have a small appetite or you feel full, you may need to eat three small meals plus snacks.
- Choose a variety of foods to avoid boredom and make sure meals and drinks are served attractively – a variety of tastes and colours is important.

If you have been advised by a Dietitian to follow a special diet for other reasons, please contact them as soon as possible to advise them of this.

# Suitable foods and drinks

The following table will help you to find foods that you are likely to tolerate. There are three different columns for guidance:

- Suitable foods
  - These can be eaten freely
  - After one month you can start to add foods from the 'to tolerance column'
- Foods to eat to tolerance
  - Start introducing after one month of having suitable foods only
  - Each new food should be introduced one at a time in small quantities, whilst monitoring for any change in symptoms
  - If you have regular abdominal pain or bloating following reintroduction of these foods, you may wish to avoid them
- Foods to avoid
  - These must be avoided strictly long term as can cause increased risk of blockages, pain and bloating

<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Meat and poultry</b>	Any meat or poultry cooked in any way without visible fat and with skin removed	<ul style="list-style-type: none"> <li>• Sausages</li> <li>• Beef burgers</li> <li>• Meat pies and any products using wholemeal pastry or breadcrumbs</li> </ul>	<ul style="list-style-type: none"> <li>• Tough meat, gristle and skin</li> <li>• Avoid dishes containing nuts or pulses e.g. chilli</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>• Fish without bones</li> <li>• Seafood (ensure shrimps and prawns are peeled)</li> </ul>		<ul style="list-style-type: none"> <li>• Fish with bones e.g. sardines, whitebait</li> <li>• Fish skin</li> </ul>

Food Type	Suitable foods	Foods to eat to tolerance	Foods to avoid
<b>Meat alternatives</b>	<ul style="list-style-type: none"> <li>• Plain tofu</li> <li>• Eggs</li> <li>• Quorn</li> <li>• Textured vegetable protein (TVP)</li> </ul>		<p>Tofu, Quorn and TVP served in sauces that contain any of the vegetables, nuts, pulses that need to be avoided</p>
<b>Dairy produce</b>	<ul style="list-style-type: none"> <li>• Milk (all types)</li> <li>• Butter/margarine</li> <li>• Cheese</li> <li>• Custard</li> <li>• Yoghurt/fromage frais/mousse</li> <li>• Ice-cream</li> <li>• Cream, crème fraiche</li> <li>• Yoghurt drinks</li> </ul>		<ul style="list-style-type: none"> <li>• Cheese containing onion, dried fruit or nuts</li> <li>• Yoghurts or fromage frais containing wholegrain cereal, dried fruit or nuts</li> </ul>

<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fruit juices or smoothies (no bits)</li> <li>• Cooked or stewed fruit without skins</li> <li>• Tinned peaches, pears and apricots</li> <li>• Pureed fruit and fruit coulis</li> </ul>	<ul style="list-style-type: none"> <li>• Seeded, peeled and de-pipped fruit such as: <ul style="list-style-type: none"> <li>- Pears</li> <li>- Apples</li> <li>- Grapes</li> <li>- Peaches</li> <li>- Plums</li> <li>- Apricots</li> </ul> </li> <li>• Bananas</li> <li>• Tinned citrus fruit with no pith, skin or pips, e.g. grapefruit or mandarins</li> </ul>	<ul style="list-style-type: none"> <li>• All dried fruit</li> <li>• Fresh grapefruit, pineapple and mango</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Blueberries</li> <li>• Blackcurrants</li> <li>• Gooseberries</li> </ul>

<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Vegetable juice</li> <li>• Well-cooked, peeled root vegetables e.g. swede, carrots and parsnip</li> <li>• Tomato (flesh only) no skin/pips</li> <li>• Passata</li> <li>• Tomato puree</li> <li>• Canned deseeded tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Well cooked with no stringy parts or stalks (pureed if necessary) <ul style="list-style-type: none"> <li>- Cauliflower floret</li> <li>- Mushrooms</li> <li>- Spinach</li> <li>- Sprouts</li> <li>- Broccoli floret</li> </ul> </li> <li>• Cucumber (flesh only, no seeds or skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> <li>• Onions</li> <li>• Leeks</li> <li>• Lettuce and salad leaves</li> <li>• Sweetcorn</li> <li>• Broad beans</li> <li>• Raw vegetables (celery, radish, pepper)</li> </ul>



<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Nuts, beans and pulses</b>	Smooth pureed/mashed and well cooked beans and lentils without skins, e.g. hummus, lentil soup	Soft, well cooked beans and lentils (no skins) <ul style="list-style-type: none"> <li>- Marrowfat peas</li> <li>- Lentils</li> <li>- Yellow split peas</li> </ul>	<ul style="list-style-type: none"> <li>• Firm pulses and beans with skins e.g.: <ul style="list-style-type: none"> <li>- Kidney beans</li> <li>- Berlotti beans</li> <li>- Soy/edamame beans</li> <li>- Haricot beans</li> <li>- Chick peas</li> <li>- Baked beans</li> </ul> </li> <li>• All nuts and seeds</li> </ul>

Food Type	Suitable foods	Foods to eat to tolerance	Foods to avoid
<p><b>Bread, potatoes, cereals and grains</b></p>	<ul style="list-style-type: none"> <li>• Potatoes (cooked – boiled, roast, mashed without skin)</li> <li>• White bread or rolls</li> <li>• Breakfast cereals, e.g. Cornflakes</li> <li>Rice Krispies, Sugar Puffs or Ready Brek</li> <li>• Sago, tapioca, rice pudding, semolina</li> </ul>	<p>Products made with wholemeal or brown flour</p> <p>e.g.:</p> <ul style="list-style-type: none"> <li>- Wholemeal and brown bread (no seeds)</li> <li>- Brown pasta</li> <li>- Wholemeal muffins</li> <li>- Digestives</li> </ul> <p>Well-cooked white rice</p>	<ul style="list-style-type: none"> <li>• Potato skins</li> <li>• Wholegrain, rye, seeded and oat based bread and rolls</li> <li>• Cereals containing nuts, seeds, bran or dried fruits e.g. muesli, Fruit and Nut, Branflakes, Shredded Wheat</li> <li>• Granary flour, soya flour, rye flour</li> <li>• Brown rice</li> </ul>

<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Bread, potatoes, cereals and grains continued</b>	<ul style="list-style-type: none"> <li>• White flour and products made with white flour e.g. plain sponge cake, plain scones, sponge puddings, Rich Tea biscuits, shortbread, custard creams, crumpets, muffins and cream crackers</li> <li>• Plain couscous</li> <li>• White pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Porridge (all types)</li> <li>• Weekabix</li> <li>• Shreddies</li> <li>• Oatibix</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits and baked goods containing coarse grains, nuts, seeds or dried fruit</li> <li>• Ryvita</li> <li>• Hobnobs</li> <li>• Oat cakes</li> <li>• Rice cakes</li> <li>• Muesli bars</li> <li>• Flapjacks</li> <li>• Garibaldi</li> </ul>

Food Type	Suitable foods	Foods to eat to tolerance	Foods to avoid
<p><b>Drinks</b></p>	<ul style="list-style-type: none"> <li>• Fruit squash, fizzy drinks</li> <li>• Strained fruit juice</li> <li>• Tea, coffee, milk bedtime drinks e.g. Horlicks, Ovaltine, Bournvita, cocoa</li> <li>• Alcohol</li> </ul>		<ul style="list-style-type: none"> <li>• Fruit juice containing fruit pieces/bits</li> </ul>

<b>Food Type</b>	<b>Suitable foods</b>	<b>Foods to eat to tolerance</b>	<b>Foods to avoid</b>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Tinned soup – blended and sieved/strained</li> <li>• Chocolate</li> <li>• Seedless jam</li> <li>• Rindless marmalade</li> <li>• Toffee</li> <li>• Boiled and chewy sweets</li> <li>• Mayonnaise, salad cream</li> <li>• Sugar, honey, syrup</li> <li>• Oxo, Bovril</li> <li>• Salt, pepper, herbs and spices</li> </ul>		<ul style="list-style-type: none"> <li>• Pickles and chutneys</li> <li>• Jam or marmalade containing pips, seeds or skin</li> <li>• Marzipan</li> </ul>

<p><b>Food Type</b></p> <p><b>Other Continued</b></p>	<p><b>Suitable foods</b></p> <ul style="list-style-type: none"> <li>• Smooth condiments such as tomato ketchup and smooth mustard</li> <li>• Jelly and blancmange</li> <li>• Asafoetida powder</li> </ul>	<p><b>Foods to eat to tolerance</b></p>	<p><b>Foods to avoid</b></p> <ul style="list-style-type: none"> <li>• Chocolate with fruit or nuts</li> <li>• Coconut</li> </ul>
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## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email [nutrition&dietetics@york.nhs.uk](mailto:nutrition&dietetics@york.nhs.uk)

## **Teaching, training and research**

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PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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