

Eating a Low Residue Diet

Eating a low residue diet will minimise the amount of faeces that collect in your bowel. This can be very helpful in a number of situations including:

- When you have bowel investigations such as a colonoscopy
- When you are preparing for bowel surgery
- When you are recovering from bowel surgery
- When you have a partial bowel obstruction

WHAT IS A LOW RESIDUE DIET?

Eating a low residue diet means limiting your intake of the kinds of foods that take a long time to digest. That includes foods that are high in fibre such as wholegrain cereals and breads, fresh fruits and vegetables with seeds or skins, bran, nuts, legumes and dried fruits.

WHAT SHOULD I BE EATING?

While you are on a low residue diet, you should stick to refined cereals and breads, stewed fruits and well cooked vegetables that have been peeled and seeded. It also helps to eat small, frequent meals. Avoid extremely hot foods, as these tend to increase the activity of the intestines.

WHAT IF I GET DIARRHOEA?

Eating stewed, pureed or grated apples, bananas, cheese, sago or boiled white rice can help subdue diarrhoea. If your diarrhoea lasts more than one or two days, the fluid and potassium you have lost must be replaced. Drinking low-acid juices such as apricot, peach or pear nectars will help because they are low in residue, high in potassium and they are a good source of energy. Dilute them with plain water if you like. Other high-potassium foods include bananas, pawpaw, stewed apricots and peaches, avocado, and soft cooked carrots, potatoes and spinach.

CAN I HAVE MILK AND OTHER DAIRY PRODUCTS?

Milk does not contain fibre, but it does contain a sugar called lactose. If lactose is not broken down by the digestive system then you may experience cramping, gas or further diarrhoea. You may be able to tolerate small amounts of dairy products, particularly cultured milk products such as yoghurt, buttermilk or cheese. Otherwise, limit your milk intake to no more than ½ cup at a time. As an alternative to dairy, you may like to try soybean milk such as So-Good, and try soybean ice cream such as Tofutti

SAMPLE LOW RESIDUE DIET

Here is an example of the kinds of snacks and meals you can have while on a low residue diet.

Breakfast

- 1 glass apricot nectar
- 1 soft cooked egg
- 1 slice white toast with butter/margarine OR 1 bowl semolina/rice bubbles
- 1 glass milk/soy milk

Morning Tea

- Salmon and avocado sandwich
- 1 glass peach nectar

Afternoon Tea

- 1 glass fruit juice

Dinner

- Macaroni cheese bake OR grilled fish OR vegetarian steak
- ½ cup mashed potato
- ½ cup mashed pumpkin
- Asparagus tips with white sauce, ½ cup stewed fruit
- ½ cup egg custard/rice pudding

Supper

- Cheese or peanut butter and crackers

FOOD GROUP	WHAT TO EAT	WHAT NOT TO EAT
BREAD AND CEREALS	<p>Refined Breads and Cereals</p> <ul style="list-style-type: none"> ✓ White bread or toast and buns ✓ Cornflakes or rice bubbles ✓ Cooked rolled oats, semolina ✓ Plain cake and biscuits made with white flour ✓ Pasta (macaroni noodle and spaghetti) ✓ White rice and sago 	<p>Wholegrain breads and cereals</p> <ul style="list-style-type: none"> ✗ Wholemeal, brown or rye breads ✗ Rolled oats, muesli, Weetbix, All Bran etc (cereals made with whole grains) ✗ Fruit cake ✗ Biscuits, buns and cakes made with nuts ✗ Wheatmeal, coconut or dried fruit ✗ Wholemeal pasta ✗ Brown rice
FRUIT AND VEGETABLES	<ul style="list-style-type: none"> ✓ Mashed potato, pumpkin, marrow and zucchini (no seeds) ✓ Pureed peas, beans, spinach and carrots ✓ Seedless tomatoes ✓ Asparagus tips ✓ Vegetable juices (no pulp) ✓ Ripe bananas, cooked, stewed or pureed fruits (no seeds) i.e. Peaches, pears, apples, apricots and citrus (without membrane) ✓ Avocado (ripe) ✓ Fruits juices (not prune juice) without pulp 	<ul style="list-style-type: none"> ✗ Other vegetables and fruits, especially with seeds and skins ✗ Strongly flavoured vegies such as broccoli, brussel sprouts, cabbage, cauliflower, onion, radish, turnip, corn, dried beans and peas ✗ Dried fruits (dates, sultanas, raisins etc)

FOOD GROUP	WHAT TO EAT	WHAT NOT TO EAT
DAIRY, EGGS, MEAT, FISH AND PULSES	<ul style="list-style-type: none"> ✓ Mild, soft cheese ✓ Cottage cheese ✓ Cream cheese ✓ Eggs (except fried) ✓ Meats - very tender beef, lamb, veal, poultry and fish ✓ Milk - in any form including soy milk 	<ul style="list-style-type: none"> ✗ Fried eggs ✗ Tough meat with fat ✗ Salted and smoked meat and fish ✗ Nuts and seeds ✗ Dried beans and peas and fibrous skins ✗ Milk - if temporarily lactose intolerant limit to no-more than 1/2 cup at onetime.
VEGETABLE PROTEINS	<ul style="list-style-type: none"> ✓ Sanitarium canned products: BBQ links, Bologna, Casserole Mince, Nutmeat, Nutolene, Swiss Rounds, Tender Bits, Vegecuts, Vegelinks, Rediburger, and Vegetarian ✓ Misc: Tofu, Gluten Steaks. 	<ul style="list-style-type: none"> ✗ Sanitarium: Lima Beans, Salad Loaf, Savoury Pie, Soya Beans, Country Stew, Savoury Brown Lentils
FATS	<ul style="list-style-type: none"> ✓ Butter, cream, margarine and vegetable oils. 	<ul style="list-style-type: none"> ✗ Fried foods
VEGETABLE PROTEINS	<ul style="list-style-type: none"> ✓ Salt, mild seasoning and spices in moderation ✓ Gravy and cream sauces. ✓ Strained cream or vegetable soups and broth ✓ Sugar, syrup, plain jam, honey and plain lollies without fruit or nuts. Use in moderation. 	<ul style="list-style-type: none"> ✗ Pepper and hot spices ✗ Olives, pickles and relishes ✗ Fatty or highly seasoned soup ✗ Marmalade, chocolate, or jam with seeds.

