

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 are preparing for bowel surgery
- when you are recovering from bowel surgery
- when you have a partial bowel obstruction
- when you have acute diarrhoea
- after radiation or chemotherapy
- during acute periods of Crohn's disease, ulcerative colitis or inflammatory bowel
- during acute and painful stages of diverticulitis

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.

Food Group

Bread and cereals

What to eat

Refined Breads & Cereals

- White Bread or toast & buns
- Cornflakes, rice bubbles or strained cooked rolled oats, semolina
- Plain cake and biscuits made with white flour
- Pasta (macaroni noodle and spaghetti)
- White rice and sago

What NOT to eat

Wholegrain breads & cereals

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

- 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, citrus (without membrane)
- Avocado (ripe)
- Fruits juices (not prune juice) without pulp

- 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 & peas
- Dried fruits (dates, sultanas, raisins etc)

Dairy, eggs, meat, fish and pulses

- Mild, soft cheese
- Cottage cheese
- Cream cheese
- Eggs (except fried)
- Meats - very tender beef, lamb, veal, poultry, fish
- Milk - in any form - including soy milk

- Fried eggs
- Tough meat with fat
- Salted/smoked meat/fish
- Nuts, seeds
- Dried beans & peas and fibrous skins
- Milk - if temporarily lactose intolerant limit to no more than 1/2 cup at one time.

Vegetable proteins

- Sanitarium canned products: BBQ links, Bologna, Casserole Mince, Nutmeat, Nutolene, Swiss Rounds, Tender Bits, Vegecuts, Vegelinks, Rediburger, and Vegetarian Sausages.
- Misc: Tofu, Gluten Steaks.

- Sanitarium: Lima Beans, Salad Loaf, Savoury Pie, Soya Beans, Country Stew, Savoury Brown Lentils

Fats

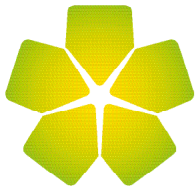
- Butter, Cream, margarine, vegetable oils

- Fried Foods

Vegetable proteins

- Salt, mild seasoning and spices in moderation, gravy, cream sauces.
- Strained cream or vegetable soups, broth
- Sugar, syrup, plain jam, honey, plain lollies without fruit or nuts. Use in moderation.

- Pepper, hot spices
- Olives, pickles, relishes
- Fatty or highly seasoned soup
- Marmalade, chocolate, jam with seeds.



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

White Salmon and avocado
sandwich
1 glass peach nectar

Afternoon Tea

1 glass fruit juice

Dinner

Macaroni cheese bake OR grilled
fish (tender) OR vegetarian steak
(gluten)
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