

# Low Residue Diet

(Low Fibre)



A diet often used for the short-term treatment of bowel conditions where there is a narrowing or inflammation such as Acute Diverticulitis, Inflammatory Bowel Disease and after surgery.

Dietary fibre is insoluble and so remains within the gastrointestinal tract throughout its journey. It causes water to be drawn into the bowel and bulks the stool. Fibre containing foods listed below are avoided as is milk (and milk products cheese and yoghurt) in excess of 1/3rd of a pint per day.

## Foods to avoid

### Vegetables

All raw vegetables, skins and stalks if cooked

Beans

### Cereals and Biscuits

Wholemeal and bran anything

Brown Rice

Fruits - Any without skin seeds or pulp

### Meats

Tough or coarse types

### Milk and Milk containing foods

Yoghurt

Cheese

Butter

Cream