

Low-Fibre, Low-Residue Diet



Let's learn about it

- Fibre is important for good health. Foods with fibre include fruit, vegetables and whole grains.
- Fibre helps to clean out the stomach and carry unhealthy fats out of the body.
- Sometimes when you are sick, your stomach needs to rest. Your nurse, doctor or dietitian might ask you to follow a low-fibre, low-residue diet.

A low-fibre, low-residue diet means **NOT** eating:



Whole grain breads, baked goods, crackers, pasta, cereal



Raw vegetables and fruit



Beans



Nuts and seeds



Raw country food meats and tough or processed store-bought meats

Nutrition tips

Let's learn what to do

✓ Drink plenty of healthy fluids

- Eating a low-fibre diet can make you constipated. Drinking lots of water can help prevent this.
- Adults should drink at least 7–10 cups of water and 2 cups of milk every day.
- Limit drinks with caffeine to less than 3 cups per day. Children should not have drinks with caffeine.

Morning



Afternoon



Evening








✓ Make it easy for your stomach to rest

- Prepare foods so they are wet and soft.
- Cook foods in a covered pot on low-heat with water, broth or tomato juice.
- Cook foods in a microwave using a covered dish.
- Don't roast or BBQ foods. This can make them dry and tough.
- Cook country foods until soft or use them to make a broth.
- Eat slowly and chew food well.



Low-fibre, low-residue store-bought foods

Foods to eat		Foods to stop	
Vegetables and fruit	<ul style="list-style-type: none"> Soft, well-cooked vegetables (skins and seeds removed) Applesauce, fruit sauce Canned or cooked fruit Soft banana Soft melon, apple, pear, plum, watermelon Orange juice (without pulp) and clear juices 	<ul style="list-style-type: none"> Raw vegetables Cooked cabbage, celery, corn, mushrooms, onions, peas, tomatoes Potatoes with skin All fruits with seeds, membranes or tough skin like grapes or kiwis Dried fruit Berries (fresh, frozen, canned) Dried coconut Prune juice, prunes 	
Grain products	<ul style="list-style-type: none"> Breads, baked goods, crackers, noodles and cereal made with white flour Plain cereals like toasted O's, corn flakes, rice crisps and cream of wheat White rice 	<ul style="list-style-type: none"> Whole grain: Breads, baked goods, crackers, pasta, cereal made with whole grain flour, oats, bran and wheat germ Brown rice Graham crackers Popcorn 	
Milk and alternatives	<p>Try in small amounts to see how your stomach feels:</p> <ul style="list-style-type: none"> Cheese, cottage cheese Cream sauces and soups Plain ice cream and frozen yogurt 	<ul style="list-style-type: none"> Milk, flavoured milk, soy drink Pudding or custard Sour cream, plain yogurt 	
Meat and alternatives	<ul style="list-style-type: none"> Canned fish (skin and bones removed) Eggs Soft, well-cooked chicken, beef, pork, fish (skin and fat removed) Smooth peanut butter 	<ul style="list-style-type: none"> Nuts and seeds Beans Crunchy peanut butter Processed meat with skin or casing (sausages, wieners) Raw meat or fish Split pea soup Tough cuts of meats 	
Fats	<p>Try in small amounts first to see how your stomach feels:</p> <ul style="list-style-type: none"> Butter, margarine Lard, oil Mayonnaise Shortening Salad dressing (no seeds) 		
Sweets and junk food	<ul style="list-style-type: none"> Caramels, plain candy, plain chocolate, popsicles Clear flavoured gelatine Plain cookies or cake Seedless jelly and jam Sugar, syrups, honey 	<ul style="list-style-type: none"> Chips, popcorn Chocolate or candy with nuts, coconut, dried fruit Cookies and desserts with whole grains, dried fruit, berries, nuts, seeds or coconut Jams with seeds or peel 	
Sauces and toppings	<ul style="list-style-type: none"> BBQ sauce, ketchup, mustard, vinegar 	<ul style="list-style-type: none"> Olives, pickles, relish, sauerkraut 	

Date _____ Name _____

Healthcare Provider (Name) _____

