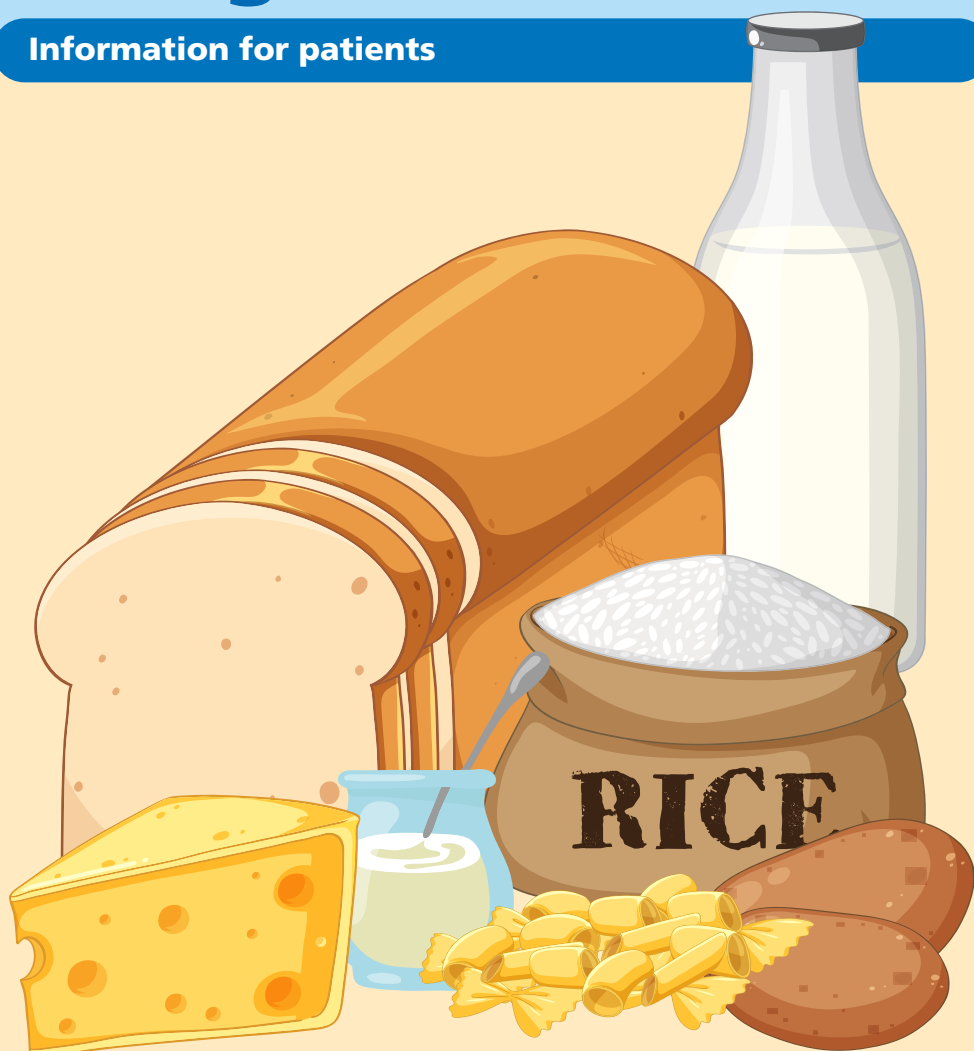


**Endoscopy Department**

# Low residue diet guidance

**Information for patients**



|                                                                  | Foods to include                                                                                                                                                                                                                                                                                                           | Foods to avoid                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Protein foods including meat, fish, eggs and alternatives</b> | Lean proteins including skinless chicken, lamb, beef, pork, turkey, offal (liver and kidney), fish, eggs, tofu, Quorn.                                                                                                                                                                                                     | Tough meat and gristle, lentils, chickpeas, beans of any variety (e.g., butter, borlotti, red kidney beans, baked beans).                                                                                                                                                                                                                    |
| <b>Dairy</b>                                                     | Milk, cheese, yoghurt or fromage frais, custard, cream, margarine, butter or spreads, crème fraîche or sour cream.                                                                                                                                                                                                         | Yoghurt containing whole fruit, nuts or muesli, cheese containing fruit or nuts.                                                                                                                                                                                                                                                             |
| <b>Cereal</b>                                                    | Cornflakes, rice cereals e.g., Rice Krispies, and strained porridge e.g., Ready Brek.                                                                                                                                                                                                                                      | All Bran/Bran Flakes, Weetabix, muesli, Fruit and Fibre, porridge oats, Shredded Wheat, any cereal containing dried fruit nuts or granola.                                                                                                                                                                                                   |
| <b>Bread</b>                                                     | White bread, chapattis (if made with white flour), white pitta bread, poppadom's, garlic bread, cream crackers, rice cakes, plain couscous.                                                                                                                                                                                | Wholemeal bread, wholemeal crackers, seeded bread or crackers, wholemeal pitta bread, wholemeal wraps.                                                                                                                                                                                                                                       |
| <b>Pasta and rice</b>                                            | White rice, any variety of white pasta or noodle.                                                                                                                                                                                                                                                                          | Brown rice, pearl barley, Quinoa, wholemeal pasta or noodles.                                                                                                                                                                                                                                                                                |
| <b>Fruit</b>                                                     | Peeled, stewed fruit, soft peeled fruit, e.g., plums, mangoes, smooth fruit juice, ripe banana, tinned peaches or pears, melon without seeds, avocado.                                                                                                                                                                     | Dried fruit (raisins, currants, prunes, apricots), fruit with skin and pips, oranges and other citrus fruits, fruit juices or smoothies with bits.                                                                                                                                                                                           |
| <b>Vegetables</b>                                                | Well-cooked peeled carrots, turnips/swede, butternut squash, marrow, pumpkin, broccoli or cauliflower (no stalk), passata or tomato puree, potato without skin.                                                                                                                                                            | Most raw vegetables including parsnip, salad vegetables, lettuce, cucumber, spring onion, whole tomatoes, peppers, raw spinach, celery, peas, sweetcorn, bean sprouts, mushrooms, Brussel sprouts, cabbage.                                                                                                                                  |
| <b>Drinks</b>                                                    | Tea, coffee, milk, fizzy drinks, Horlicks, cocoa (avoid caffeine if possible).                                                                                                                                                                                                                                             | Fruit juices with bits.                                                                                                                                                                                                                                                                                                                      |
| <b>Other</b>                                                     | Oil (olive, canola, soy).<br>Plain biscuits e.g., Rich Tea, Nice or shortbread, plain scones, sugar, honey and syrup, seedless jam, smooth peanut butter, ice cream / lollies/sorbet, jelly, chocolate, crisps.<br>Sauces such as mayonnaise, tomato ketchup, BBQ sauce, smooth English mustard, and sugar and sweeteners. | Soup with chunks of vegetables, jam with pips/seeds, marmalade, crunchy peanut butter, sweets or chocolate with dried fruit or nuts, highly spiced foods e.g., chillies, curries, nuts and seeds, popcorn, cakes and biscuits made with wholemeal flour e.g., digestive biscuits, cakes and biscuits made with dried fruit e.g., fruit cake. |

# Sample meals for low residue diet

## **Breakfast:**

- Corn Flakes with milk (and sugar)
- Scrambled eggs
- French toast, pancakes, waffles
- White bread toasted with margarine and seed free jam/marmalade/honey
- Poached egg
- Yogurt with fruit (from the allowed list).

## **Lunch:**

- Baked potato with tuna and mayonnaise or cheese
- Creamy pasta with lean cooked chicken or Quorn
- Pasta with smooth tomato sauce
- Macaroni cheese
- Salmon, avocado and boiled skinless potatoes
- Ham (lean) and/or cheese toasty
- Turkey, chicken, or egg sandwich (white bread) with mayonnaise
- Fish with white rice and cooked vegetables (from the allowed list).

## **Snacks/deserts:**

- Slices of cheese on white crackers
- Plain sponge and custard
- Mousse
- Jelly and ice cream
- Milk pudding.

**Hopefully the information and advice provided here helps with your diet but if you have any questions please contact the Endoscopy department at King's Mill Hospital or Newark Hospital for further advice:**

- Kings' Mill Hospital – 01623 622515
- Newark Hospital – 01636 681681.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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