

# Low residue diet sheet

## Endoscopy Unit

### Introduction

Three days before your GI appointment, please follow the low residue diet on this sheet.

The diet restricts the foods containing large amounts of fibre. Skins, pips, highly seasoned and generally indigestible food should be avoided. If you would like this information in an alternative language or format, for example in large print or easy read, please call us on 0800 073 0510 or email [dqft.pals@nhs.net](mailto:dqft.pals@nhs.net) or write to Patient Advice and Liaison Service.

	<b>Foods allowed</b>	<b>Foods to avoid</b>
<b>Vegetables</b>	<p>Eat flesh only (no seeds, peel, pith or stalks). Can include potatoes well boiled and mashed. Soft – well cooked ‘pulpy’ vegetables including mashed, pureed and creamed varieties such as mashed potato or mashed sweet potato, pureed squash or pureed swede.</p> <p>Sieved tomato sauces including passata and tomato puree.</p> <p>Smooth or sieved soup.</p> <p>Strained vegetable juices.</p>	<p>All vegetable seeds, peel, pith or stalks. Avoid raw or cooked ‘stringy’ vegetables including, broad beans, cabbage, curly kale, celery, cucumber, leeks, mushrooms, okra, onions, parsnips peppers, peas, pumpkin, radishes, spinach, sprouts and sweetcorn.</p> <p>Skins of jacket potatoes, fried or roast potatoes.</p> <p>Pulses including baked beans, butter beans, kidney beans, chickpeas and lentils.</p> <p>Soup with pieces e.g. minestrone.</p> <p>Vegetable juices with pulp.</p>
<b>Fruit</b>	<p>Eat flesh only (no seeds, peel, pith or stalks). Can include tinned apricots, peaches and pears. Ripe fresh fruit without skins or seeds such as peeled apple or pear.</p> <p>All fruit juices and fruit-flavoured drinks without pulp.</p>	<p>All fruit seeds, pips, peel, pith, stones or stalks, including all citrus fruits e.g. oranges, grapefruit, lemons etc., kiwi, raspberries and strawberries as they contain seeds. Pineapple and other ‘stringy fruits’ e.g. mango. All dried fruit e.g. currants, prunes, figs, dates.</p> <p>Smoothies, all fruit juices with pulp and prune juice.</p>
<b>Meat, fish and alternatives</b>	<p>All tender lean meat e.g. beef, lamb, pork, chicken, turkey, corned beef, ham, bacon, liver, kidney.</p> <p>Fish e.g. cod, cod roe, haddock, plaice and salmon. They can be grilled, baked, poached or steamed.</p> <p>Eggs and tofu.</p>	<p>Grisly, tough or fatty meats and tough skin including meat pies, pasties, sausages and crackling.</p> <p>Fish with lots of small bones e.g. pilchards. Fried fish.</p> <p>Fried eggs.</p>

	<b>Foods allowed</b>	<b>Foods to avoid</b>
<b>Cereals</b>	All 'white' cereals e.g. Cornflakes, Frosties, Rice Krispies, Ricicles, Special K, Sugar Puffs, Ready Brek, sieved porridge, Coco Pops, millet flakes.	High fibre cereals, e.g. Weetabix, Shredded Wheat, muesli, All Bran, bran, porridge with added bran or nuts.
<b>Bread</b>	White or oatmeal bread, white rolls and plain buns including white bagels, biscuits, English muffins, waffles, pancakes, pita, flour tortilla, plain chapatti and poppadoms.	Any bread product made from wholegrain flour, bran, rye, nuts, seeds or dried fruits, including wholemeal, granary, high fibre, and currant or malt bread. Crispbreads. Fruit muffins, scones and pastries.
<b>Biscuits</b>	All plain or cream biscuits e.g. arrowroot, Morning Coffee, Rich Tea, custard creams, wafers.	High fibre biscuits such as digestives or wholemeal crackers. Biscuits containing fruit, nuts, bran, coconut, ginger or other spices e.g. Garibaldi, nut cookies, flapjacks.
<b>Other grain products</b>	White rice, white and green pasta e.g. spaghetti or lasagne, chow mein noodles, rice noodles. White millet flour, cornflour, tapioca.	Wheat bran, barley, whole wheat pasta, popcorn, wholemeal and brown pasta, wholemeal flour, brown rice and couscous.
<b>Milk and milk products</b>	All types of milk, cream, sour cream, crème fraiche, fromage frais, smooth yoghurt, butter, margarine and cheese.  <b>Use butter and other fats sparingly.</b>	Any milk product containing fruits, nuts, seeds or cereals, including yoghurt, cheese with added fruit or nuts.  Cooked cheese.
<b>Sweets and puddings</b>	Custard, ice cream, milk puddings, clear jelly, smooth coconut milk, frozen yoghurt.  All plain cakes e.g. Madeira cakes, Victoria sponge and iced buns.  Hard candy, plain/milk/white chocolate, toffee, fudge, mints, fruit gums, pastilles, jelly sweets and marshmallows.	Ice cream containing fruit and nuts.  Any cakes, puddings and pies including any of the following ingredients: wholemeal flour, dried fruit, nuts, dried coconut and any fruits that should be avoided. Pastries and stodgy puddings.  Chocolate with dried fruit, nuts or seeds.
<b>Drinks</b>	Water, soft drinks, wheat or herbal tea. Weak tea and coffee, hot chocolate, malt drinks.	High-caffeine drinks such as strong tea and coffee, energy drinks and cola. Alcohol.
<b>Miscellaneous</b>	Oils, salad dressings, ketchup, gravy, soy sauce, pepper, salt, herbs and spices in moderation (dried or finely chopped).  Jelly-type jams (e.g. lemon curd), sugar, artificial sweeteners, honey, golden syrup, treacle.  Plain pretzels (without sesame seeds), crisps.	Wholegrain mustard, vinegar, pickles, relish, houmous, coleslaw, chutney, liquorice root. Highly seasoned dishes, curries.  Jam or marmalade with skin, peel or pips, peanut butter, mincemeat.  Popcorn, corn chips. All nuts and seeds including pumpkin, sunflower and sesame seeds.