

Low Residue Diet

	Suitable Foods 	Foods to be Avoided 
Bread	White bread or toast Fine wholemeal bread	Very fresh bread Coarse wholegrain bread; bread containing nuts, seeds, kibbled wheat
Cereals	Creamofa or sieved rolls oats Cornflakes, rice bubbles White flour, white cornflour Pastas	Bran, muesli All bran, bran (cereals) Wholemeal flour Wholemeal pasta Brown rice
Cakes and Biscuits	Plain sponge or madeira Crackers, shortbread Plain biscuits	Wholemeal or bran biscuits Cakes and biscuits containing nuts, dried fruit, coconut
Desserts	Plain desserts, milk puddings, gelatine desserts Ice cream and puréed fruit	Any containing seeds, pips or skins, coconut, nuts, dried fruit
Fruits	Fruit raw or cooked, without pips seeds and skins Fruit juices, fruit purées Smooth jams or jellied marmalade	Fruit with seeds, pips and skins Dried fruit – currants, figs and dates Citrus fruit pith and membrane
Vegetables	Tender vegetables Puréed vegetables Potatoes without skins Puréed or creamed vegetable soups	Corn, baked beans, peas, seeds, pips and skins Any coarse stalks Mushrooms
Nuts and Seeds	Smooth peanut butter Finely ground nuts	Sesame seeds Sunflower and pumpkin seeds Nuts – whole or chopped Crunchy peanut butter
Meat, Fish and Poultry	Tender, lean meat, fish, poultry Meat or fish paste Smooth pate or spreads	Tough, grisly meat
Cheese, Milk Products, Eggs	Cheese, cottage cheese, quark, yoghurt, eggs	Cheese with seeds or nuts Fruit yoghurt with seeds or skins