



Low Residue (Fibre) Diet

EXAMPLES OF ALLOWED LOW FIBRE FOODS AND FLUIDS

- Drink options:** Water, tea, coffee, unflavoured skim milk, soft drinks, cordial. Strained fruit juices, clear soups, Milo or Ovaltine
- Meat & other Protein foods:** Lean: beef, veal, lamb, pork, poultry
Grilled fish
Eggs (boiled, scrambled or poached)
- Dairy Foods:** Milk, low fat ice cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, butter or margarine
- Fruit & Vegetables:** Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches, apricots
YOU WILL NEED TO REMOVE THE SKIN AND SEEDS FROM ALL OF THESE FRUITS AND VEGETABLES
- Breads & Cereals:** White bread/toast, plain/white muffins, plain bread rolls, crumpets, plain croissants, white pita bread, refined breakfast cereals (eg Semolina, Cornflakes, Rice Bubbles), plain pancakes/pikelets, white rice, couscous, polenta, plain bagels
- Other Foods:** Clear jellies (orange, yellow), sugar, chocolate, honey, seedless jams, vegemite

SAMPLE MENU – LOW FIBRE DIET

- Breakfast:** Strained fruit juice, Cornflakes or Rice Bubbles with skim milk
Eggs (poached, boiled or scrambled)
White toast or white muffins
Tea / coffee
- Lunch:** White bread sandwiches or roll with ham, cheese, tuna or egg – NO SALAD
Plain cake or biscuits
- Dinner:** Lean meat: steamed chicken or fish
Potato / pumpkin – NO skins, white rice
- Snacks:** Plain cake, biscuits
Tea, coffee, herbal drinks or soft drinks
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