

## Low Residue (Fibre) Diet

### EXAMPLES OF ALLOWED LOW FIBRE FOODS AND FLUIDS

<b>Drink options:</b>	Water, tea, coffee, unflavoured skim milk, soft drinks, cordial. Strained fruit juices, clear soups, Milo or Ovaltine
<b>Meat &amp; other Protein foods:</b>	Lean: beef, veal, lamb, pork, poultry Grilled fish Eggs (boiled, scrambled or poached)
<b>Dairy Foods:</b>	Milk, low fat ice cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, butter or margarine
<b>Fruit &amp; Vegetables:</b>	Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches, apricots <b>YOU WILL NEED TO REMOVE THE SKIN AND SEEDS FROM ALL OF THESE FRUITS AND VEGETABLES</b>
<b>Breads &amp; Cereals:</b>	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
<b>Other Foods:</b>	Clear jellies (orange, yellow), sugar, chocolate, honey, seedless jams, vegemite

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### SAMPLE MENU – LOW FIBRE DIET

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

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*If you have any concerns or questions, please contact Dr Walker's office on 5574 6133.*