



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
