**Advice for choosing a Low Residue / High Soluble Fibre Diet**

This is commonly recommended for patients with diverticular disease, strictures or post-surgical / endometriosis adhesions. We recommend you use this advise in conjunction with a healthy varied diet.

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| Types of food | Choose **LOW roughage** foods | **Avoid** high roughage foods |
| Bread, Potatoes and other carbohydrates | * White bread, chapatti, pitta, pasta
* White rice
* Refined cereal e.g.

 Rice Krispies, Cornflakes* Cream crackers, rice cakes
* Boiled, roast, mashed, chipped potatoes **(NO SKIN)** jams, sweet potato **(NO SKIN)**
 | * Wholemeal/granary bread
* Added fibre white bread,
* Brown chapatti
* Wholemeal pitta or pasta
* Brown rice
* Wholegrain cereals e.g. Bran flakes, weetabix, muesli ,porridge
* Rye crispbread, wholemeal crackers, oatcakes
* Skins of jacket potato
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| Fruit and Vegetables | * Virtually all fruit and veg
* Fresh, tinned or stewed fruit but remove any skin, pith or pips
 | * Dried fruit
* Sweet corn
* Beetroot and onions
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| Pulses and Nuts | * Restrict, unless you are vegetarian, in which case you may take a small portion of lentils, hummous or mushy peas
 | * Beans including baked beans, chick peas, peas, lentils – unless vegetarian
* All nuts and seeds
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| Meat, fish and eggs | * Meat and poultry
* Fish
* Eggs
 | * Avoid skin, gristle, bone, or any dish containing pulses e.g. chilli con carne
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| Miscellaneous | * Butter, margarine, oil
* Plain biscuits e.g. rich tea
* Cakes, puddings and pastries made with white flour
* Jelly, ice cream, custard, sorbet
* Honey, sugar, syrup,
* Fine cut marmalade, ketchup, brown sauce, mayonnaise, salt, pepper, herbs
* Boiled sweets chocolate, toffee, fudge
* Tea, coffee, squash ,chocolate, Bovril, Marmite
 | * Wholemeal biscuits e.g. digestives
* Biscuits containing dried fruit e.g. fig rolls, Garibaldi
* Cake, pudding or pastry made with dried fruit or nuts
* Cakes or biscuits made with oats e.g. flapjacks
* Jams with seeds or skin, thick chunky marmalade, sweet mincemeat
* Pickles and chutneys
* Sweets or chocolates with fruit or nuts, muesli bars, chocolate raisins, peanuts, raisins
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