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

This is commonly recommended for patients with diverticular disease, simage.pngtrictures 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 |
| 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 |
| 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 |
| Meat, fish and eggs | * Meat and poultry * Fish * Eggs | * Avoid skin, gristle, bone, or any dish containing pulses e.g. chilli con carne |
| 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 |