

Department of Nutrition & Dietetics

Low Fibre/Residue Diet



Low Fibre/Residue Diet

Fibre is part of the plant which is not digestible by your body. It passes through the digestive tract unchanged, giving bulk to the stool. It also acts like a sponge to absorb fluid and soften stool.

Fibre is found in wholegrains, fruits, vegetables, legumes, nuts and seeds. A low fibre/residue diet reduces the amount of undigested food moving through your bowels (intestines) so that your body produces a smaller amount of stool.

A low fibre/residue diet may be required:

- 1) If you have a narrowed bowel due to a tumour
- 2) After undergoing certain types of bowel surgery
- 3) When you have a flare-up of a bowel disease e.g. Crohn's disease, ulcerative colitis and diverticulitis
- 4) Prior to colonoscopy

A low fibre/residue diet may be temporary or permanent depending on your medical condition.

Food Groups	Foods to Choose	Foods to Avoid
Rice and alternatives	<ul style="list-style-type: none">• White rice• Regular noodles e.g. bee hoon, kway teow, mee tai mak, yellow mee• Regular pasta• White bread• Plain biscuits e.g. cream crackers, water crackers	<ul style="list-style-type: none">• Brown, red, black and wild rice• Wholegrain noodles e.g. brown rice bee hoon• Wholemeal pasta• Wholemeal and multigrain bread• High fibre white bread• Bread and biscuits with dried fruits, nuts, seeds or shredded/desiccated coconut• Wholemeal/whole wheat biscuits

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Food Groups	Foods to Choose	Foods to Avoid
Rice and alternatives	<ul style="list-style-type: none"> • Refined breakfast cereals e.g. cornflakes, rice krispies • Potato without skin • Thosai • Chee cheong fun without sesame seeds • Chwee kueh without chye poh 	<ul style="list-style-type: none"> • Wholegrain breakfast cereals • Breakfast cereals with dried fruits, nuts, seeds or shredded/desiccated coconut • Oats • Muesli • Bran • Quinoa • Barley • Buckwheat • Potato with skin • Chapati made with wholemeal flour • Soon kueh • Steamed carrot cake and yam cake with chunks of vegetables
Meat and alternatives	<ul style="list-style-type: none"> • Tender meat and fish • Egg • Tofu 	<ul style="list-style-type: none"> • Tough or fatty meat • Processed meat e.g. sausage • Beans e.g. black beans • Lentils e.g. chickpeas • Nuts • Seeds
Dairy products	<ul style="list-style-type: none"> • Milk • Plain yoghurt • Cheese 	<ul style="list-style-type: none"> • Yoghurt with fruits or nata de coco
Vegetables	<ul style="list-style-type: none"> • Well-cooked vegetables without skin, seeds or stalks e.g. carrot, pumpkin, cauliflower florets • Strained vegetable juices 	<ul style="list-style-type: none"> • Raw vegetables • Long beans • Corn • Peas • Celery • Ladies finger • Mushroom

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Food Groups	Foods to Choose	Foods to Avoid
Fruits	<ul style="list-style-type: none"> • Fruits without skin or seeds e.g. apple, watermelon, mango, honeydew, papaya, banana • Fruits without piths e.g. orange, grapefruit • Fruit juices without pulp 	<ul style="list-style-type: none"> • Fruits with skin e.g. grapes • Fruits with edible seeds e.g. kiwi, dragonfruit, berries • Fruits of a very "fibrous" texture e.g. pineapple • Dried fruits • Prune juice
Snacks	<ul style="list-style-type: none"> • Plain cakes and pastries made with white flour • Plain ice cream • Custard • Milk pudding • Mousse • Plain jelly • Soya bean curd (tau huay) • Chocolate without dried fruits or nuts 	<ul style="list-style-type: none"> • Cakes and pastries made with wholemeal flour • Cakes and pastries with dried fruits, nuts, seeds or shredded/desiccated coconut • Ice cream with fruits or nuts • Jelly containing fruits or nata de coco • Desserts made with beans, nuts or seeds e.g. red bean soup, black sesame paste • Popcorn • Chocolate with dried fruits or nuts
Others	<ul style="list-style-type: none"> • Smooth/sieved soups e.g. tomato soup • Butter and soft margarine • Smooth peanut butter • Jams and marmalades without fruit pieces, peels or seeds 	<ul style="list-style-type: none"> • Soups with beans, lentils or chunks of vegetables e.g. minestrone • Chunky peanut butter • Jams and marmalades with fruit pieces, peels or seeds • Chutney • Sauces and gravies containing nuts or seeds e.g. satay sauce

Additional Tips to Reduce Fibre Intake

- Check food labels and choose foods with less than 3g fibre per 100g.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 4		
SERVING SIZE: 1 roll (55 g)		
	Per 55 g serving	Per 100 g
Energy	609 kJ	1107 kJ
	145 kcal	264 kcal
Protein	5.6 g	10.2 g
Fat	1.9 g	3.5 g
Saturated fat	1.0 g	1.8 g
Cholesterol	0 mg	0 mg
Carbohydrate	26.8 g	48.7 g
Dietary fibre	1.2 g	2.2 g
Sodium	58 mg	106 mg

Additional Tips to Reduce Fibre Intake

- Prepare all foods so that they are tender. Choose cooking methods such as simmering, poaching, stewing, steaming and braising.
- Chew foods slowly and thoroughly.
- Include a wide variety of suitable foods. Speak to your dietitian for more individualised dietary advice.
- Ensure adequate fluid intake to prevent constipation, unless otherwise stated by your doctor.
- If you find it difficult to eat or experience unintentional weight loss, speak to your dietitian about ways to increase your calorie and protein intake.

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



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