



gihealth.com.au



reception@gihealth.com.au



03 9709 2777



Endoscopy

Gastrointestinal Medicine

Nutrition



The Centre for GI Health

LOW RESIDUE DIET

A low residue diet is designed to reduce the amount of residue which enters the large intestine after digestion. It may be used before some tests (e.g. some x-ray examinations) or before some surgical procedures for which the bowel must be empty. It may also be used to reduce symptoms caused by inflammation, infection or blockage of the intestine.

The basis of this diet is foods which are easily digested and do not contain fibre. Lean meats, fish, poultry, milk and most dairy foods, refined cereal foods, e.g. white bread, plain sweet and dry biscuits, as well as white rice are suitable.

Foods which contain dietary fibre and other substances which resist digestion are not suitable. These include all fruit and vegetables, wholemeal bread, cereals and biscuits, nuts and some condiments.

SOME DISHES SUITABLE FOR INCLUSION IN A LOW RESIDUE DIET

BREAKFAST FOODS

- Cornflakes, Rice bubbles, or Semolina with milk and sugar
- Eggs - boiled, poached, or scrambled; bacon, ham, french toast, or spaghetti in tomato sauce.
- White bread - may be toasted with butter, honey, Vegemite or fruit jelly. Strained fruit juice.

LIGHT MEALS

- Strained soup with rice or noodles.
- White bread, sandwiches, filled with cheese, egg, meat or Vegemite. Plain white dry biscuits with the above fillings
- Plain cake
- Strained fruit juices or milk drink

DESSERTS

- Creamed rice, sago, macaroni, tapioca, lemon sago.
- Custard - boiled or baked, bread and butter or rice custard.
- Boiled rice with honey or apple jelly and/or ice cream.
- Blancmange with strained jam sauce or flavoured with coffee or chocolate.
- Junket, instant milk puddings, ice cream, jelly, jelly whip, strained and jellied juice. Plain light steamed pudding with golden syrup, lemon sauce or sweet white sauce.

BETWEEN MEALS/SNACKS

- Plain sweet biscuits, plain dry biscuits with cheese or allowed spreads, potato crisps or cheese snacks. Aktavite or other milk drinks, strained fruit juices.

MAIN MEAL

- Grilled or roasted tender meats, chicken, bacon, ham
- Grilled or steamed fish with butter. Rabbit or chicken in white sauce.
- Omelettes with bacon, cheese or chopped meat.
- Spaghetti with minced meat, pureed tomato or grated cheese.
- Macaroni cheese or cheese soufflé. Sliced boiled eggs in a cheese sauce.
- Plain meat hamburgers or rissoles - grilled or lightly fried.
- Casseroled meats without pepper, onion or other vegetables.
- Use Vegemite or Bonox to colour and flavour gravies and sauces - avoid highly flavoured packet mixes.
- Fish Kedgeriee, fish baked in savoury custard, fish poached in wine or strained juice or milk and water.
- Lambs fry and bacon, creamed brains or tripe.
- Use white rice or white spaghetti/noodles instead of vegetables.
- White bread and butter.