

Low residue and low dietary fibre diet - Paediatrics

This leaflet provides information about following a low residue, low dietary fibre diet. If you have any questions or concerns, please speak to the team in charge of your child's care.

What is fibre?

Dietary fibre is a component of food that is not digested or absorbed and stays within the intestine where it can affect the digestion of other foods and the consistency of stool.

There are two types of dietary fibre:

- Soluble fibre which dissolves in water and includes fruit, oats, barley and legumes.
- Insoluble fibre that comes from plant cell walls and does not dissolve in water, for example, wheat bran and rye.

'Low fibre' and 'low residue' are interchangeable terms and will be referred to as low fibre throughout this patient information sheet.

When might a low fibre diet be needed?

A low fibre diet can reduce the bulk of stool and how often one passes stool.

It is generally followed before or after surgery to the gut.

It may also be used when there is:

1. Inflammation, for example, when there is acute inflammation in diverticular disease or active inflammatory bowel disease.
2. Significant bloating and stomach / abdominal discomfort.
3. Partial bowel obstruction
4. Radiation enteritis, gut graft-versus-host-disease (GVHD) and typhlitis.
5. High output stoma.

A low fibre should be followed for a **short period** and fibre should be re-introduced back into the diet when able to. Fibre should be reintroduced gradually.

You should be told how long you should follow the diet for. If you are advised to stay on the diet long term i.e. greater than 2 weeks, please ask for advice from a dietitian.

Please note that some examples in the allowed table are not recommended in paediatric oncology patients and this has been highlighted.

Examples of food allowed and to be avoided on low fibre diet

	Foods allowed	Foods to be avoided
Breads and flours	White flour and bread products made from white flour – bread, rolls, baguette, bagels, tortilla wraps, pitta bread, chapatti, melba toast, crumpets, English muffin, plain naan Cornflour Tapioca and tapioca flour Rice flour	Wholemeal, brown, rye, spelt, gram, cassava and soya flours Brown, granary, seeded or wholemeal bread High fibre white bread (best of both) Cornbread Poppadum Barley Semolina
Cereals	Rice Krispies Cornflakes Coco Pops Frosties Ricicles	Wholegrain cereals (Shreddies, Shredded Wheat, Weetabix, All Bran, Bran Flakes) Puffed wheat Oats porridge, muesli Honey Monster Sugar Puffs Any cereal with added fruit or nuts (Fruit and Fibre) Cereal bars
Crackers and crisps	Crispbreads and crackers made with white flour, for example, cream crackers, butter puffs, Ritz biscuits, water biscuits, bread sticks, crispbread Potato crisps, Pringles, Hula Hoops, French Fries, Skips, Wotsits, Quavers, Monster Munch, Prawn Crackers, Frazzles, Bacon Streaks	Rye and wholegrain crispbreads Hovis crackers Oatcakes Popcorn Tacos Tortilla chips Twiglets Eat Real houmous and lentil crisps
Other carbohydrates	White rice, white pasta and noodles Peeled boiled, mashed, roasted or fried potato, plantain, yams or sweet potato Hash brown Yorkshire pudding made with white flour Plain couscous, polenta	Wholewheat pasta and noodles Brown and wild rice Pasta made from legumes (lentils or peas) Bulgar wheat Quinoa Potato skins Wedges or chips with skins-on
Biscuits, pastries and cakes	Biscuits, cakes and pastries made with white flour, for example, plain croissant, plain muffin, plain waffle, rich tea biscuits, Jaffa cakes, wafers, custard creams, shortbread, éclairs, sponge cake, plain scone, Swiss roll with seedless jam, plain pancake, Morning Coffee biscuit,	Any biscuits containing fruit or nuts Wholemeal biscuits, Digestives, Hob-Nobs Flapjack Fig rolls Cakes and muffins made with nuts and fruit, carrot cake Fruit scones, malt loaf Coconut biscuits

	Madeira cake, Victoria sponge made with seedless jam	Mince pies
Desserts and puddings	Milk puddings, sago, custard, jelly, ice-cream, mousse, sorbet, sponge pudding, trifle with allowed fruit	Ice cream or desserts made with nuts or fruit
Sugar, preserves and sweets	Sugar, golden or maple syrup, plain chocolate, plain toffee, honey (not for oncology) , seedless jam, shred-less or no peel marmalade, lemon curd, fudge, boiled sweets, jelly sweets, fruit pastilles, fruit gums, peppermints, marshmallows	Marzipan Sweet mincemeat Chocolate or sweets with dried fruit, nuts or seeds
Nuts, fats and oils	Butter, lard, margarine, plant and seed oils	Tahini, all nuts including nut butters, seed butters, olives, avocado
Meat, fish, eggs and meat alternatives	Soft tender lean meats All fish without the bones, tinned fish Eggs, tofu	Tough meats with gristle Quorn Tempeh Seitan, soya mince
Spreads and dips	Marmite, Bovril Sour cream dip with chives, salsa	Houmous Guacamole
Vegetables <i>*Peel and remove seeds. Choose max 2 portions fruit / vegetables per day. A portion is 2 tablespoons.</i>	Cooked asparagus, beetroot, butternut, carrot, cauliflower, courgette, peppers, pumpkin, swede Cucumber	All other fresh and cooked vegetables not included in allowed list including legumes Mushy peas
Fruit <i>*Peel and remove seeds. A portion is 2 tablespoons stewed/tinned fruit or one piece of fruit or 5cm slice melon.</i>	Banana Melon Tinned apricot, apple, peach, pineapple, plums or pears	All other fresh and cooked fruit and vegetables not included in allowed list including legumes. Dried fruit
Milk and milk alternatives	All dairy milk, cheese, yoghurt and fromage frais (without bits), cream, probiotic drinks (not for oncology) Dairy alternatives - soya, oat, almond, rice or coconut milk Oat or soya cream Soya, coconut yoghurts Vegan cheese	Cheese containing fruit, nuts, seeds, pips or granola Yogurt containing fruit, nuts, seeds, pips or granola
Sauces, soups and flavourings	Clear soups, smooth cream of or strained soups, canned lentil soup	Tomato puree Chutney Pickles

	Salt, pepper, ground spices and dried herbs Smooth gravy, stock and stock cubes Brown sauce, cream and cheese sauce, tomato ketchup Salad cream, mayonnaise or French dressing Mustard without seeds, vinegar Soy sauce	Relish Olives Homemade soup made with lentils or other legumes Wholegrain mustard Fresh herbs
Drinks	Water, squash, herbal teas, tea, coffee, hot chocolate, clear broths Juices with no bits	Juices with bits *Fizzy drinks (not high fibre but use with caution as can exacerbate GI symptoms)

Contact us

If you have any questions or concerns about this leaflet, please contact the paediatric dietitians on 0208 725 2036 (Monday to Friday, 09:00-17:00).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: PAE_LFIB_01 **Published:** September 2026 **Review date:** September 2028

