Sample menu

Breakfast
Strained fruit juice
1 cup of Rice Bubbles with milk
1 slice of white toast with butter/margarine and honey or vegemite
Drink

Morning tea
1 slice white bread or plain scone or biscuit
Plain yoghurt
Drink

Lunch
White bread sandwich with butter/margarine, lean meat, cheese or egg
1 serve fruit
Drink

Afternoon tea
1 slice white bread or plain scone or biscuit
Plain yoghurt
Drink

Dinner
Lean meat, fish or poultry
Salad or vegetables
1 serve fruit with ice-cream or yoghurt
Cracker biscuits and cheese
Drink

Supper
1 slice white bread or plain scone or biscuit
Plain yoghurt
Drink

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This information is available in alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE
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Introduction

The procedure that your doctor has arranged for you requires that your bowel is free of food bulk.

Before your admission to hospital for this procedure you are required to prepare your bowel by following a Low Fibre (low residue) Diet.

On admission to hospital, you will be given a bowel preparation to complete the emptying of your bowel.

A Low Fibre or Low Residue Diet contains a minimal amount of fibre. Fibre refers to those food substances that are not absorbed by the digestive system. It is found in foods from plants like fruit, vegetables, cereals, nuts and seeds.

After the procedure you should resume your normal diet. It is not recommended that you follow a Low Fibre Diet for long periods.

The diet requires that for each day you choose food from the following food groups. A sample menu is shown on page four.

Breads and cereals

Each day choose five serves from the list:

- 1 slice of white bread
- 1 cup of cornflakes, rice bubbles or Special K
- 1/2 cup cooked white rice, pasta or spaghetti

Between meals you may wish to snack on a plain cracker, plain sweet biscuit, cake or scone (no fruit, nuts or coconut).

Fruit

Choose two serves from the list each day:

- 1/2 cup pie apples
- 1/2 medium banana
- 1 small raw apricot
- 1/2 raw apricot
- 1/2 cup peach
- 2 small plums
- 2 cups watermelon (no seeds)
- 40 seedless grapes
- 1 medium nectarine
- 3 canned drained apricot halves
- 1/2 cup canned drained peach
- 1 cup honeydew melon

Vegetables

Have once per day. You may choose Option 1 OR Option 2.

Option 1

A salad including:

- 1 large lettuce leaf
- 1 asparagus spear
- 2 thin slices capsicum
- 1/4 peeled carrot
- 1 celery stick (long)
- 1/4 tomato
- 5 slices cucumber

OR

Option 2

One small cooked potato plus any one cooked vegetable serve from the list below:

- 1/2 cup beans
- 1/4 cup carrot
- 1/2 cup sliced mushrooms
- 1/2 cup sliced zucchini
- 2 boiled squash

Milk, cheese, yoghurt

You can eat your usual amount of these foods. Avoid dairy products containing fruit, nuts or seeds.

Meat and other proteins

You can eat your usual amount of these foods. Avoid nuts, lentils, dried peas and beans.

If making a casserole, only use the vegetables allowed for this diet.

Miscellaneous

You may choose the following foods freely as they contain no fibre:

- Fats and oils
- Water
- Strained fruit or vegetable juice
- Fruit juice drink, cordial, soft drinks
- Tea, coffee, milo, Aktavite, drinking chocolate, Quik, Ovaltine
- Clear soup, Bonox, Bovril
- Sugar, honey, golden syrup, treacle
- Plain chocolate, toffee, barley sugar
- Jelly, custard, junket
- Salt, spices, herbs
- Vegemite
- Tomato sauce