



Australian Government
Australian Sports Commission

fuelling your success
AIS Sports Nutrition



AUSTRALIAN
INSTITUTE OF SPORT

Low Residue/fibre Eating Guidelines

What is a LOW RESIDUE diet?

A **low residue diet** is a low fibre diet which can be followed for the final 2-3 days prior to weigh in, in order to reduce the amount of waste / indigestible food in your lower intestines. By weigh in there should literally be nothing left inside your lower intestines.

When should I start the Low Residue diet?

Always trial the Low Residue diet in **training or low key competitions** to adapt to the regime. Do not try for the first time during an important competition because it could affect your performance.

The Low Residue Diet Plan should be followed for 2-3 days before competition because it can take up to 48 hours for food to pass through your digestive system.

Do I need to take a multivitamin and mineral supplement ?

A multivitamin and mineral supplement is not necessary because the Low Residue diet is only followed for 2-3 days, during which time the Low Residue foods and fluids advised will still provide a significant amount of the vitamins and minerals that your body requires. You may want to seek more advice from your sports dietitian or coach.

What can I eat if I get hungry on the Low Residue eating plan?

If you are hungry and are achieving your weight target, take another Protein Plus drink or a small low-residue snack from the list which will provide extra carbohydrate but little bulk. If you are hungry and NOT currently achieving your weight target, eat some diet jelly.

Are there any side effects of a low residue diet?

Basically the bulk / amount of stools you pass should progressively decrease over the 3 days. Don't confuse this with constipation – it is what the diet is aiming to do! Following the low fibre/residue diet may also result in you weighing 0.5-1 kg less. This is called a “technical” weight loss.

When will my bowel habits return to normal?

Once you resume your normal diet, it should only take 1-2 days before your bowel habits return to normal. It is important to keep an eye on this and make sure it does so sooner rather than later. Remember to keep your fluid intake up at all times. If it takes longer than 2 days to return to normal, a mild fibre supplement such as Metamucil may help.



What Low Residue foods can I eat?

Food Groups	Low Residue Foods
Carbohydrate	White bread, crumpets, English muffins Low fibre cereal (Nutrigrain / Rice Bubbles/Special K, Frosties, Coco Pops, puffed wheat) White pasta, rice or cous cous Crackers – rice cakes, water biscuits, crispbreads (white), rice crackers
Protein	Lean red meat, fish, chicken, eggs. Low fat dairy products (low fat milk, low fat yoghurts without fruit in it, plain cheese)
Vegetables	Tomato puree, clear strained vegetable juices, mashed choko or squash, well cooked pumpkin
Fruit	Only clear, strained fruit juice (*No Bananas, no prune juice) or cooked pureed fruit (including baby purees)
Preserves	Honey, fruit spreads with no fruit 'bits', golden syrup
Dairy Products	Low fat milk (e.g. Skim, tone, physical), low fat milk puddings e.g. custard, creamed rice, skim milk drinks, non-fat or plain and vanilla yoghurt, cottage cheese, soy milk and products
Desserts	Jelly, low fat yoghurt without "bits", pureed fruit, low fat custard, low fat creamed rice, low fat ice cream or sorbets, rice/sago/ tapioca puddings
Sweets	Boiled lollies, marshmallows, jelly beans/snakes, Barley sugar
Soups	Home-made pureed soups, pumpkin or tomato soup. No chunky pieces of vegetables or barley, beans/lentils
Drinks	Gatorade, Powerade, PB fluid & electrolyte Sustagen Sport, Protein Plus, cordial, weak tea / coffee
Gels	Carbohydrate Gel / Dextrose Tablets

*Cold cooked potato, bananas, cornflakes, bread & beans promote bacterial fermentation in the gut and can result in increasing stool weight.



Australian Government
Australian Sports Commission

fuelling your success
AIS Sports Nutrition



AUSTRALIAN
INSTITUTE OF SPORT

Example Low Residue Meal Plan (Quantities will vary according to energy requirements)

BREAKFAST:

Small bowl of Special K or Rice Bubbles with skim milk

OR 2 slices of white toast / English muffin (1 whole) with honey

OR 1 tub low fat vanilla yoghurt with pureed / stewed apple

LUNCH:

Bowl of pureed pumpkin soup with white toast

OR an egg / ham / tuna sandwich on white bread (no salad)

OR a white pita bread with 1 spoon of tuna and 1 tablespoon grated cheese (grilled)

DINNER:

1 small serve of Grilled/baked or steamed fish, skinless chicken breast or lean meat with
1 scoop mashed potato and pumpkin

Steamed choko and zucchini

OR 1 scoop white pasta or short grain rice with a meat / chicken sauce done with pureed
tomato sauce and added steamed mushrooms and zucchini

BETWEEN MEALS:

Plain crackers or rice cakes with cottage cheese

OR Pureed fruit with low fat vanilla yogurt

OR Glass of Sustagen Sport or Protein Plus on low fat milk

OR a crumpet, white toast or white English muffin with golden syrup or honey or
seedless jam

OR creamed rice