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# Low Fibre Diet

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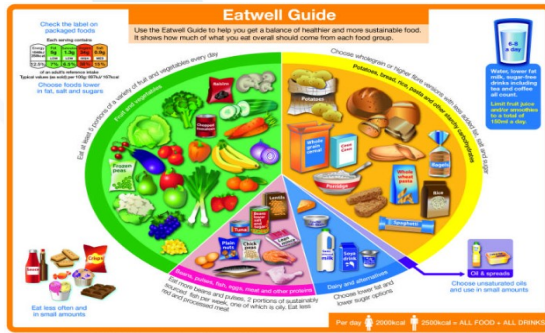
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## What is fibre?

Dietary fibre is the edible parts of plants resistant to digestion and absorption in the intestine. Once fibre enters the intestine it is partially/completely broken down by bacteria.

Foods containing fibre are found in the yellow, green and pink sections of the Eatwell Guide. High fibre versions of these foods add bulk to stools (faeces), help move contents through the bowel and are usually encouraged as part of a healthy diet.



## What is a low fibre diet?

Foods typically low in fibre are; white versions of starchy carbohydrates; skinless, de-seeded and ripe fruit/vegetables; mashed/skinless beans and pulses.



If you have previously eaten a diet rich in wholegrains, fruit and vegetables then you may find following a diet low in fibre challenging. However this booklet gives ideas of many suitable foods which you can eat (See tables on pages 4-7).

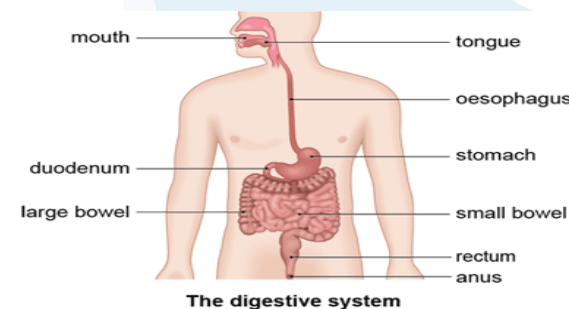
## Suggested low fibre meal plan:

<b>Breakfast</b>	<p>Fruit juice (no bits).</p> <p>Low fibre cereal (cornflakes, rice krispies) with milk.</p> <p>Poached/scrambled/boiled egg and bacon with white toast.</p>
<b>Lunch</b>	<p>Cheese/ham/sausage white bread sandwich.</p> <p>Inside of jacket potato (not the skin) with tuna and mayonnaise.</p> <p>Smooth yoghurt with tinned fruit</p>
<b>Dinner</b>	<p>Tender meat, fish or poultry (no bones/skin).</p> <p>Peeled/boiled/mashed potatoes.</p> <p>Peeled soft cooked vegetables i.e. carrots, swede.</p> <p>Plain sponge cake with custard.</p>
<b>Snacks</b>	<p>Ripe banana, peeled and cored pear/apple.</p> <p>Plain biscuits with smooth peanut butter.</p> <p>White crackers with plain cottage cheese.</p> <p>Seedless jam on bread.</p> <p>Smooth yoghurt drink.</p> <p>Glass of milk.</p>

	<b>Foods to include</b>	<b>Foods to avoid</b>
<b>Meat, fish, eggs &amp; protein alternatives</b>	All tender meat, fish and poultry with fat, bones and skin removed. Eggs. Plain Tofu.	Tough gristly meat. Skin and bones of fish. Dishes containing nuts/pulses e.g. chilli, quorn and soya.
<b>Dairy</b>	Milk and milk alternatives. Smooth yoghurt. Fromage frais. Custard. Mousse. Cheese/cheese spread. Plain cottage cheese. Butter. Margarine. Smooth yoghurt drinks.	Yoghurts and fromage frais containing fruit, dried fruit, nuts or whole grains.  Cheese containing onions, dried fruits or nuts.
<b>Nuts and seeds</b>	Smooth nut butter.	All nuts and seeds including almond and coconuts. Whole/crunchy nut butter.
<b>Other</b>	Clear soup, spices, pepper, stock cubes, tea, coffee, squash, seedless jam/marmalade, jelly. Chocolate/toffee (without fruit/nuts), Sugar, honey, syrup. Condiments e.g. mayonnaise, salad cream, soy sauce, tomato sauce. Sponge cake	Vegetable Soup Popcorn Pickles/chutneys Relish

### Reasons for following a low fibre diet:

- For symptom control i.e. bloating or abdominal discomfort. A low fibre diet can reduce the amount of gas produced and reduce the bulk of stool passing through your bowel.
- To help prevent blockages in your bowel by reducing the amount of undigested material (residue) that passes through your bowel.
- If you have had previous or have existing bowel strictures.
- You are experiencing diarrhoea or inflammation as a result of a functional bowel disorder, treatment (e.g. radiation) or due to a flare-up of an inflammatory bowel disease such as Crohn's Disease or Ulcerative Colitis.
- Your bowel is obstructed, or you are at risk of bowel obstruction.
- To prepare you for an investigation e.g. an X-ray on your bowel or barium enema etc.
- When you start to eat food again after a period of not eating a normal diet e.g. after a liquid diet or after surgery.



Typically, low fibre diet should be followed temporarily. However, if you are advised to follow a low fibre diet long term, a dietitian can advise you how to slowly reintroduce fibre and how to include sufficient vitamins and minerals in your diet.

	<b>Foods to include</b>	<b>Foods to avoid</b>
<b>Starchy Foods</b>	<p>White versions of bread, rice, pasta, tinned spaghetti, noodles, couscous, flour, pastry, crumpets, pikelets, pitta.</p> <p>Plain biscuits, crackers, bread sticks. Cooked potatoes, (avoiding eating the skin).</p> <p>Sago, tapioca, rice pudding, semolina.</p>	<p>Brown/wholemeal granary versions of bread, pasta, rice, spaghetti, noodles, flour, couscous, pastry, quinoa, pearl barley.</p> <p>Wholewheat biscuits/crackers and cakes containing nuts, dried fruit, seeds and coarse grains.</p>
<b>Cereals</b>	<p>Refined low fibre cereals such as; Rice Krispies Cornflakes Coco Pops Frosted Flakes Sugar Puffs Ready Break</p>	<p>Whole wheat/high fibre cereals such as; Bran Flakes Weetabix Shreddies Porridge All-Bran Muesli</p>
<b>Beans and Pulses</b>	<p>Smooth/pureed/mashed lentils or beans without skin such as; lentil soup, hummus.</p>	<p>Firm pulses and beans with skins such as; Kidney Beans Soya Beans Baked Beans Chickpeas Butter Beans</p>

	<b>Foods to include</b>	<b>Foods to avoid</b>
<b>Fruit</b>	<p>Soft, ripe, peeled and cored fruits with no seeds or pips such as; Bananas Apples Plums Pears Fruit juice/smoothies with no bits.</p> <p>Soft tinned fruit such as; peaches, pears, mandarins, apricots.</p>	<p>All dried fruit. Fresh grapefruit, pineapple and mango. All berries Prunes Fruit juice/ smoothies with bits. Skins/seeds of fruit</p> <p>Tinned pineapple, prunes and grapefruit.</p>
<b>Vegetables</b>	<p>Cooked and peeled vegetables with pips/seeds and tough/stringy bits removed.</p> <p>Broccoli and cauliflower floret (not stems). Tomato puree and passata/tomatoes (skinned and deseeded)</p> <p>Well cooked root vegetables such as; Carrots Swede Parsnip</p>	<p>Pulse vegetables such as; peas, french/broad and string beans.</p> <p>Mushrooms, cabbage, celery, sweet corn, onions, bean sprouts, bamboo shoots, leeks, curly kale, garlic, yam, plantain, beetroot.</p> <p>Raw vegetables; Radish Avocado Peppers Salad Onions Cucumber Lettuce Salad leaves.</p>