

A low fibre diet

Dietitian

Contact number

Date

What is fibre?

Dietary fibre is found in the indigestible parts of plants and cereals. There are two different types of fibre – soluble and insoluble.

Soluble fibre dissolves easily in water and forms a gel – like substance. Soluble fibre is mainly found in the soft/pulpy parts of fruit and vegetables and can help to slow the speed at which food and fluid travel through your gut. It can also help to soften your stools.

Insoluble fibre does not dissolve in water and is left in tact as it moves through the gut. Insoluble fibre is found in things like wholegrains, wholewheat, pips, pith, skin and seeds. This type of fibre gives bulk to your stools and can speed the rate at which things travel through your gut.

This leaflet is mainly referring to insoluble fibre.

Both types of fibre are part of a healthy balanced diet and can help to keep your bowels working properly by making stools soft, bulky and easy to pass.

What is a low fibre diet?

If you are experiencing difficulties with your bowels such as loose stools, you may find it useful to reduce the amount of fibre in your diet to ease your symptoms.

This means avoiding foods highest in fibre such as wholemeal cereals, fruit and vegetables. This can sound quite a limited diet, but the aim of this leaflet is to help you choose appropriate foods.

This diet may be a temporary measure and your doctor or dietitian will advise you when and how to start increasing the fibre back into your diet. However, if you are to follow the diet in the long term, then you may benefit from a multivitamin and mineral supplement. Please check with your doctor or dietitian about this.

FOODS ALLOWED	FOODS TO AVOID
<p>Breads and cereals</p> <ul style="list-style-type: none"> ■ White breads, rolls, wraps, pita bread, biscuits, muffins ■ Pancakes (Scotch, American) ■ Crumpets ■ Polenta ■ Rice noodles ■ Egg noodles ■ White or sweet potato* (flesh only) ■ White pasta ■ White rice ■ Cous cous ■ Pastry (white flour) ■ White rice ■ White pasta ■ White flour ■ Corn flour, semolina, tapioca ■ Low fibre breakfast cereals: Rice Krispies, Cornflakes and Special K, Puffed rice, Frosted Flakes, milled & rolled oats (e.g. Readybrek / 'Instant' oats) 	<p>Breads and cereals</p> <ul style="list-style-type: none"> ■ Wholemeal, granary, brown and high fibre white breads, wholemeal bread products (such as pitas and wraps etc), fruit breads ■ Brown rice ■ Wholewheat pasta ■ Wholemeal and granary flour ■ Bran ■ High fibre breakfast cereals: Weetabix, Shredded Wheat, Branflakes, porridge oats, muesli, Fruit and Fibre
<p>Cakes and biscuits</p> <ul style="list-style-type: none"> ■ Plain cakes: Victoria Sponge, scones, meringues, iced buns ■ Plain biscuits: Rich Tea, Morning Coffee, Malted Milk ■ White flour crispbreads and crackers e.g. water biscuits 	<p>Cakes and biscuits</p> <ul style="list-style-type: none"> ■ Cakes and biscuits containing wholegrain, nuts and fruit: Digestives and Hobnobs, fruit cake, carrot cake
<p>Fruit (2 portions/day allowed)</p> <ul style="list-style-type: none"> ■ Stew & puree fruit where possible; all fruits must be de-seeded and skinned. Some people tolerate fruits best when blended in a food processor: ■ Apples ■ Fresh apricots ■ Banana ■ Cantaloupe, honeydew, watermelon ■ Nectarine, peach ■ Papaya ■ Mango ■ Plums ■ Oranges ■ Fruit cocktail (tinned) ■ Fruit juices without pulp, strained 	<p>Fruit</p> <ul style="list-style-type: none"> ■ Berries (some people may be able to tolerate strawberries) ■ Any dried fruit ■ Figs, Prunes, Dates ■ Prune juice ■ Coconut ■ Redcurrants, blackcurrants

FOODS ALLOWED	FOODS TO AVOID
<p>Vegetables Ensure vegetables are peeled, well-cooked, soft / mashable. Try using combinations for soups or shakes (in a food processor):</p> <ul style="list-style-type: none"> ■ Courgette ■ Aubergine ■ Asparagus tips ■ Pumpkin ■ Butternut squash ■ Carrot ■ Passata (tomato) ■ Tinned tomatoes (if seeds are scooped out) ■ Cucumber ■ Bell peppers ■ Beetroot ■ Marrow ■ Radish ■ Swede ■ Potatoes (not skins) ■ Crisps 	<p>Vegetables High Fibre:</p> <ul style="list-style-type: none"> ■ Raw vegetables/salad (whole) ■ Baked beans ■ Split peas/lentils, chickpeas, kidney beans, butter beans & other legumes ■ Crunchy peanut butter (& peanuts) ■ Peas, sweetcorn, celery ■ All seeds, pips, tough skins ■ Potato skins <p>The following vegetables are 'medium fibre' and/or 'fermentable' foods and may be trialled but with caution:</p> <ul style="list-style-type: none"> ■ Avocado ■ Bean sprouts, green, French & runner beans ■ Broccoli & Cauliflower florets ■ Cabbage ■ Kale ■ Mangetout ■ Parsnips ■ Spinach ■ Spring green ■ Sugar snap peas ■ Onion, garlic, mushrooms
<p>Meat</p> <ul style="list-style-type: none"> ■ All meat allowed 	
<p>Fish</p> <ul style="list-style-type: none"> ■ All fish allowed 	
<p>Dairy</p> <ul style="list-style-type: none"> ■ Milk ■ Yoghurts (no bits) ■ Cheese ■ Eggs 	<p>Dairy</p> <ul style="list-style-type: none"> ■ Yoghurts with bits of fruit, nuts or muesli
<p>Desserts</p> <ul style="list-style-type: none"> ■ Ice cream ■ Milky puddings ■ Jelly 	<p>Desserts</p> <ul style="list-style-type: none"> ■ Any containing fruit or nuts
<p>Drinks</p> <ul style="list-style-type: none"> ■ All drinks 	<p>Drinks</p> <ul style="list-style-type: none"> ■ Fruit juice with bits

FOODS ALLOWED	FOODS TO AVOID
<p>Miscellaneous</p> <ul style="list-style-type: none"> ■ Boiled sweets, fruit gums, mints ■ Seedless jam, honey, sugar ■ Tea, coffee, squash, fizzy drinks ■ Salt, pepper, herbs and spices ■ Clear soup ■ Smooth peanut butter ■ Marmite ■ Chocolate 	<p>Miscellaneous</p> <ul style="list-style-type: none"> ■ All nuts ■ Jam/marmalade with bits ■ Drinks with added fibre ■ Soups with large chunks of vegetables ■ Chocolate with fruit and nuts ■ Crunchy peanut butter

Reintroducing fibre into your diet

If you are following this diet for a short period and your symptoms have improved, your dietitian will advise you when it is appropriate to start reintroducing fibre back into your diet.

It is recommended that when you start to reintroduce higher fibre foods into your diet that you do this gradually.

- Introduce one food at a time giving it a few days before introducing the next.
- If your symptoms start to flare up after introducing a certain food, then cut it out of again and continue with what you know you can tolerate for a few days.
- Do try reintroducing the food again, to check whether you are able to tolerate it.

If you are experiencing any difficulties or need further advice then please contact your dietitian.

Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.