

## Modified fibre diet for the prevention of bowel obstruction

This diet has been designed to lower the risk of food causing a bowel obstruction or blockage because of narrowing of the bowel from strictures or other causes.

### General hints

- Follow a diet low in **insoluble** fibre
- **Chew** all food well. If a food cannot be chewed thoroughly, it should be avoided.
- **Cook** your food well – this can make some foods easier to chew.
- **Avoid** any food that is tough or stringy (eg. tough gristly meat).
- Some people find that they need to have soft/puree foods in order to avoid symptoms.

### What is fibre?

Fibre is the part of the plant that humans cannot digest. It passes through the bowels largely unchanged, giving bulk to the stool. It can also act as a sponge to help absorb fluid and soften the stool.

### Types of fibre

There are two types of fibre – soluble & insoluble. Most cereals, grains, fruits and vegetables have a mixture of both types.

### Insoluble fibre

Insoluble Fibre is found in the hard, rough part of the plant – for example, skins, grains and seeds. It adds bulk and 'roughage' to the stools.

Good sources are:

- Bran (wheat, corn, rice)
- Fruit & vegetable skins
- Nuts & Seeds
- Dried beans
- Wholegrain foods

### Soluble fibre

Soluble Fibre dissolves in fluid to form a thick gel in your bowels and softens the stool.

Good sources are:

- Fruit & vegetables
- Beans, lentils & peas
- Oats, psyllium and flaxseed

***For further information, contact your Dietitian or Nutritionist:***



**Why reduce insoluble fibre intake?**

For a healthy person, a high fibre intake is good for keeping the bowels healthy. However, in people who are at risk of blockages, reducing the amount of food residue passing through narrowed parts of the bowel and can help reduce symptoms.

**How to modify fibre intake?**

- Remove stalks, stems, pips, seeds and skins from fruit and vegetables.
- Chop and cook vegetables well.
- Reduce tough, fibrous fruit and vegetables – chop these foods finely where possible (e.g. celery, mango).
- Avoid dried fruits, nuts & seeds.

- Strain fruit and vegetable juices and soups.
- Avoid wholegrain, high fibre breads and cereals. Use white varieties where possible.

**How to prevent constipation on a modified fibre diet?**

- Include pureed or soft/well-cooked fruit and vegetables.
- Ensure you drink plenty of water. Ask your Dietitian how much you should be drinking a day. Most people need around 6-8 glasses per day.
- If still constipated, laxatives may be useful (e.g. Coloxyl and senna<sup>TM</sup> or Lactulose).

FOOD GROUP	INCLUDE	AVOID
<p><b>Bread, Cereals, Rice, Pasta, Noodles</b></p>	<ul style="list-style-type: none"> <li>• White bread, crumpets, scones, English muffins</li> <li>• Refined breakfast cereals eg <i>Rice Bubbles<sup>TM</sup></i>, <i>Cornflakes<sup>TM</sup></i>, <i>Special K<sup>TM</sup></i></li> <li>• White rice, pasta, sago, tapioca, semolina</li> <li>• White flour, cornflour,</li> <li>• Plain sweet and savoury biscuits or cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal, wholegrain bread, crumpets, fruit bread, rye bread</li> <li>• Wholegrain breakfast cereals or any with dried fruit, nuts or coconut eg Muesli, <i>All Bran<sup>TM</sup></i>, <i>Weetbix<sup>TM</sup></i></li> <li>• Rolled oats, raw oats, oat bran, muesli bars</li> <li>• Brown rice, pasta, corn</li> <li>• Wholemeal flour, wheatgerm</li> <li>• Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut</li> </ul>

FOOD GROUP	INCLUDE	AVOID
<b>Vegetables</b>	<p><b>Ensure vegetables are <u>peeled</u> and <u>well-cooked</u> where able:</b></p> <ul style="list-style-type: none"> <li>• Potato, sweet potato, pumpkin, carrot, zucchini</li> <li>• Cauliflower and broccoli tips</li> <li>• Asparagus tips, mushrooms</li> </ul> <p><b>Suitable salad vegetables are:</b></p> <ul style="list-style-type: none"> <li>• Tomato and cucumber with skins and seeds removed</li> <li>• Shredded lettuce</li> <li>• Spring onion, onion, capsicum</li> <li>• Well strained vegetable juice</li> <li>• Tomato puree or paste</li> </ul>	<ul style="list-style-type: none"> <li>• All raw vegetables.</li> <li>• Avoid all other vegetables not listed in foods to include.</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Pawpaw and melons (no seeds)</li> <li>• Banana, seedless grapes,</li> <li>• Peeled peaches &amp; nectarine</li> <li>• Well-cooked fruit no skin/pips</li> <li>• Canned fruits except pineapple</li> <li>• Fruit juice – no pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit with skin, pips or of a very “fibrous” texture - e.g apples, pears, pineapple</li> <li>• Canned pineapple</li> <li>• Dried fruit</li> <li>• All other fruit not listed in foods to include.</li> </ul>

### Suggested Meal Plan

<b>BREAKFAST</b>
1 Glass strained fruit juice Rice bubbles with milk/sugar White toast / bread / crumpets with margarine / butter / honey / jam / vegemite. Egg / cheese if desired
<b>LUNCH</b>
Tender meat / chicken / fish / egg / cheese White bread and margarine / butter Tinned fruit with custard or yoghurt Cup of tea/coffee
<b>DINNER</b>
Blended soup Tender meat / chicken / fish / egg / cheese Potato / white rice / pasta Allowed vegetables – well cooked Bowl of plain ice cream Cup tea/coffee
<b>SNACKS</b>
Melons, tinned fruit, yoghurt, milk, cheese & crackers