

## Low fibre diet

This resource is for people who need to eat less fibre for their condition as recommended by their doctor or dietitian.

### What is fibre?

Dietary fibre is the edible part of plants that is not digested or absorbed in the small bowel. It is broken down by bacteria in the large bowel. For a healthy person, a high fibre intake is good for keeping the bowels healthy.

### Why do I need a low fibre diet?

- With some medical conditions a high fibre diet can create too much bulk in the bowel, so a low fibre diet is best.
- Do not follow a low fibre diet for a long time. Your healthcare professional will tell you when to start increasing fibre again.

### Which foods contain fibre?

- Fruit and vegetables
- Wholegrain/wholemeal breads and cereals
- Nuts and seeds
- Legumes (e.g. baked beans, lentils, soybeans, kidney beans)

### How do I reduce fibre in my diet?

- Avoid wholegrain, high fibre breads and cereals. Use white varieties where possible.
- Remove stalks, stems, pips, seeds and skins from fruit and vegetables.
- Avoid dried fruits, nuts & seeds.
- Strain fruit and vegetable juices and soups.
- Check the nutrition label on packaged foods. Low fibre foods have less than 3g of fibre per 100 grams.

## How do I include variety on a low fibre diet?

To follow a balanced diet for good health, include foods from the following groups in the table: breads and cereals; vegetables; fruit; dairy; meat and alternatives.

FOOD GROUP	INCLUDE (low fibre)	AVOID (high fibre)
<b>Bread, cereals, rice, pasta, noodles</b>	<ul style="list-style-type: none"> <li>White bread, crumpets, scones, English muffins</li> <li>Refined breakfast cereals e.g. <i>Rice Bubbles</i>, <i>Cornflakes</i></li> <li>White rice, pasta, sago, tapioca, semolina</li> <li>White flour, cornflour</li> <li>Plain sweet and savoury biscuits or cakes</li> <li>White rice cakes or crackers</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal/ wholegrain bread, fruit bread, rye bread</li> <li>Wholegrain breakfast cereals or any with dried fruit, nuts or coconut e.g. Muesli, All-Bran™, Weetbix™</li> <li>Rolled oats, quick oats, oat bran, muesli bars</li> <li>Brown rice, wholemeal pasta</li> <li>Wholemeal flour, wheatgerm</li> <li>Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Cauliflower and broccoli florets</li> <li>Asparagus tips, mushrooms</li> <li>Spring onion, onion, capsicum</li> <li>Well strained vegetable juice</li> <li>Tomato puree or paste</li> <li>Tomato and cucumber with skin and seeds removed</li> <li>Shredded lettuce</li> <li><b>Peel and cook vegetables well where able:</b> Potato, sweet potato, pumpkin, carrot, zucchini</li> </ul>	<ul style="list-style-type: none"> <li>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>Cherries, seedless grapes</li> <li>Peeled peaches &amp; nectarine</li> <li>Small banana</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, oranges, pineapple</li> <li>Canned pineapple</li> <li>Dried fruit</li> <li>All other fruit not listed in foods to include</li> </ul>

FOOD GROUP	INCLUDE (low fibre)	AVOID (high fibre)
<b>Dairy foods</b>	<ul style="list-style-type: none"> <li>• All varieties of milk</li> <li>• Yoghurt, custard, ice-cream (no fruit or nuts)</li> <li>• Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts containing dried fruit, nuts, or coconut</li> <li>• Products containing “chunky fruit” pieces.</li> </ul>
<b>Meat, fish, poultry, eggs, nuts, legumes</b>	<ul style="list-style-type: none"> <li>• Any meat, chicken and fish (no skin)</li> <li>• Tofu</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes e.g. baked beans, lentils, soy beans, kidney beans</li> <li>• Nuts &amp; seeds</li> <li>• Nut or seed butters (e.g. peanut butter, tahini)</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• All fats including butter, margarine, mayonnaise, oils</li> <li>• Sugar, honey, syrups</li> <li>• Boiled lollies, jubes, chocolate with no fruit, nuts or coconut</li> <li>• Spreads without seeds or skin</li> <li>• Soup made from allowed ingredients with stock/Bonox</li> <li>• Desserts made from allowed foods (jelly, ice-cream, custard)</li> <li>• Gravy, salt, pepper, dried herbs &amp; spices</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Coconut</li> <li>• Chocolate with nuts and fruit</li> <li>• Chutney and pickles</li> </ul>

## Example meal and snack suggestions

### BREAKFAST

1 Glass strained fruit juice

Rice bubbles with milk

White toast / bread / crumpets with margarine / butter / honey / jam / vegemite

Egg / cheese if desired

### LUNCH

Tender meat / chicken / fish / egg / cheese

White bread with margarine / butter

Tinned fruit with custard or yoghurt

### DINNER

Soup (made with allowed ingredients)

Tender meat / chicken / fish / egg / cheese

Potato (peeled) / white rice / pasta

Allowed vegetables – peeled and well cooked

Bowl of plain ice cream

### SNACKS

Allowed fruit, yoghurt, milk, cheese & white rice cakes/crackers

## Other considerations

- On a low fibre diet ensure you chew your food well
- Sometimes a low fibre diet may be referred to as a low residue diet.
- When increasing fibre again, it is best to do this gradually to allow your bowels to adjust.  
Make sure you also have plenty of fluid with fibre.

## Summary

- A low fibre diet may be needed for some medical conditions.
- It is only meant to be followed for a short period of time.
- Choose a variety of low fibre foods using the table above.

For further information, contact your dietitian or nutritionist: \_\_\_\_\_