

Low fibre diet

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.

Why reduce fibre intake?

For a healthy person, a high fibre intake is good for keeping the bowels healthy. However, with some medical conditions (e.g. narrowed bowel or risk of bowel blockage) a high fibre diet can create too much bulk in the bowel, so a low fibre diet is best.

A low fibre diet is generally not meant to be followed for a long period of time. 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.

Which foods contain fibre?

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

Remember you must continue to eat a balanced diet which should include foods from the following groups:

- Breads, cereals, rice, pasta, noodles
- Vegetables
- Fruit
- Milk, yoghurt, cheese
- Meat, fish, poultry, eggs, nuts, legumes

How to reduce your fibre intake?

- 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 label on commercially prepared foods. Low fibre foods have less than 3g of fibre per 100 grams.

Dietitian: _____

Phone number: _____

FOOD GROUP	INCLUDE (low fibre)	AVOID (high fibre)
Bread, cereals, rice, pasta, noodles	<ul style="list-style-type: none"> • White bread, crumpets, scones, English muffins • Refined breakfast cereals e.g. <i>Rice Bubbles, Cornflakes</i> • White rice, pasta, sago, tapioca, semolina • White flour, cornflour • Plain sweet and savoury biscuits or cakes 	<ul style="list-style-type: none"> • Wholemeal/ wholegrain bread, fruit bread, rye bread • Wholegrain breakfast cereals or any with dried fruit, nuts or coconut e.g. <i>Muesli, All-Bran, Weetbix</i> • Rolled oats, quick oats, oat bran, muesli bars • Brown rice, pasta • Wholemeal flour, wheatgerm • Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut
Vegetables	<p>Ensure vegetables are <u>peeled</u> and <u>well cooked</u> where able:</p> <ul style="list-style-type: none"> • Potato, sweet potato, pumpkin, carrot, zucchini • Cauliflower and broccoli florets • Asparagus tips, mushrooms <p>Suitable salad vegetables are:</p> <ul style="list-style-type: none"> • Tomato and cucumber with skins and seeds removed • Shredded lettuce • Spring onion, onion, capsicum • Well strained vegetable juice • Tomato puree or paste 	<ul style="list-style-type: none"> • All raw vegetables • Avoid all other vegetables not listed in foods to include
Fruit	<ul style="list-style-type: none"> • Pawpaw and melons (no seeds) • Cherries, seedless grapes • Peeled peaches & nectarine • Well cooked fruit no skin/pips • Canned fruits except pineapple • Fruit juice – no pulp 	<ul style="list-style-type: none"> • Fruit with skin, pips or of a very “fibrous” texture - e.g. apples, pears, pineapple • Canned pineapple • Dried fruit • All other fruit not listed in foods to include
Dairy foods	<ul style="list-style-type: none"> • All varieties of milk • Plain yoghurt, custard, vanilla <i>Fruche</i>, plain cheese, plain or flavoured ice cream 	<ul style="list-style-type: none"> • Desserts containing dried fruit, nuts or coconut • Products containing “chunky fruit” pieces

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

Suggested meal plan

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
Cup of tea / coffee
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
Cup of tea / coffee
SNACKS
Melons, tinned fruit, yoghurt, milk, cheese & low-fibre crackers