

Low Fibre Diet

It has been recommended that you follow a low fibre diet by your Doctor or Dietitian. This leaflet will help guide you in making suitable food choices.

Fibre

Fibre (also known as roughage) is found in plant foods such as cereals, fruit and vegetables, nuts and seeds. A low fibre diet involves restricting your intake of these foods.

Aim to have 2 portions of fruit and 2 portions of vegetables, from the allowed lists below, and a glass of smooth fruit juice (125mls) daily. This is to help you meet your vitamin & mineral requirements. 1 portion of fruit/vegetables = 80g. If you are unable to meet this recommendation please consider taking a multivitamin and mineral supplement.

Fluid

It is important that you have an adequate fluid intake. Aim for at least 8-10 cups of fluid each day, from the allowed list below.

Choose decaffeinated drinks if you have loose stools or diarrhoea.
Choose sugar-free drinks if you have diabetes or need to lose weight.

For some people this diet may increase the risk of constipation, this risk can be reduced by ensuring you follow the advice regarding fluids and fruit & vegetables. If you do become constipated or are concerned about this, talk to your GP.

Foods to choose	Foods to avoid
Breads and cereals	
White bread, naan, chapatti, pitta, poppadum, crumpets and crackers (e.g. cream crackers), rice cakes White flour, cornflour White pasta, noodles, rice, cous cous, tapioca, sago,	Brown, wholemeal, granary, bran, soya breads and flour products. High fibre white bread Wholemeal pasta, brown and wild rice Rye, wholegrain crackers/crispbreads, oatcakes
Breakfast cereals	
Puffed rice, cornflakes, puffed wheat	Wholegrain cereals e.g. Weetabix, Shredded wheat, branflakes, all bran, oat based cereals e.g. muesli, porridge
Biscuits, cakes and puddings	
Plain biscuits (e.g. rich tea, morning coffee, malted milk). Cakes, puddings & pastries made from white flour. Plain/cheese scones	Wholemeal cakes and biscuits e.g. digestives, hobnobs, flapjack Cakes/biscuits containing dried fruit/nuts

Digestion Problems: Low Fibre Diet

Foods to choose	Foods to avoid				
Meat, Fish, Eggs and Meat alternatives					
All meat, fish, shellfish (except those in the avoid column) Eggs Tofu	Avoid meat or fish with wholemeal pastry or wholemeal breadcrumbs All nuts and seeds including peanut butter Quorn, tempeh Beans, pulses and lentils e.g. chick peas & humous <i>If vegetarian/vegan you may take small portions of the vegetarian/vegan foods listed here if tolerated.</i>				
Dairy and Dairy-free products					
Milk, milky puddings, cream, yoghurt, cheese, crème fraiche, ice cream, custard, spreading/cooking fats Dairy-free or lactose-free milk, cheese, yoghurts, puddings	Yoghurt or cheese containing cereal, dried fruit or nuts				
Drinks					
Tea, coffee, fruit squash, smooth fruit or vegetable juices (125mls), fizzy drinks, chocolate or malted milk drinks, Bovril, marmite, Alcohol in moderation unless advised against by your Doctor.	Fruit juice with bits, smoothies made with fruits on the avoid list				
Miscellaneous					
Honey, sugar, syrup, seedless jams and jellies, lemon curd, Marmite, Bovril. Salt, pepper, herbs, spices, garlic, Smooth condiments e.g. tomato ketchup Smooth soups made with allowed vegetables, Sweets and chocolates	Seeded jams Pickles and chutneys Sweets or chocolate containing nuts/fruit				
Fruit (Limit to 2 portions per day. Avoid skins, seeds, pips and pith)					
Apples, apricots, bananas, cherries, clementines, fruit cocktail, grapefruit, grapes, kiwi, mango, melon, nectarine, oranges, peaches, pears, pineapple, plums, rhubarb, satsumas, strawberries	Blackberries, blackcurrants, coconut, cranberries, gooseberries, raspberries, redcurrants, Dried apricots, banana chips, currants, dates, figs, mixed peel and prunes.				
Vegetables (Limit to 2 portions per day. Remove skins, seeds, pips and stalks)					
Potatoes, asparagus, aubergine, beansprouts, beetroot, carrots, celery, courgette, cucumber, leeks, lettuce, marrow, mushrooms, pepper, pumpkin, radish, swede, tomato, turnip	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;">Small portions occasionally</td> <td style="text-align: center; width: 50%;">To Avoid</td> </tr> <tr> <td style="vertical-align: top;"> Avocado, broccoli, cabbage, cauliflower, fennel, kale/spring greens, mange-tout, olives, onions, spinach, sweet potato, </td> <td style="vertical-align: top;"> Green beans, Brussel sprouts, okra, parsnips, peas, mushy peas, sweetcorn </td> </tr> </table>	Small portions occasionally	To Avoid	Avocado, broccoli, cabbage, cauliflower, fennel, kale/spring greens, mange-tout, olives, onions, spinach, sweet potato,	Green beans, Brussel sprouts, okra, parsnips, peas, mushy peas, sweetcorn
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