



Name \_\_\_\_\_

Contact Phone No \_\_\_\_\_

Dietitian \_\_\_\_\_

### MAIN POINTS

- Your Doctor has recommended that you follow a low fibre diet to help you rest your bowel.
  - This diet is recommended for short-term use only.
  - If you need to follow this diet for more than a couple of weeks then you may need vitamin and mineral supplements. Please ask your Dietitian about this.
- 1 Wholemeal foods such as chapattis made with flour no. 2-4, bread and brown rice should be avoided.
  - 2 Some fruit and vegetables should be avoided (see allowed list). Peel all fruit that you do have and take out all the pips and seeds.
  - 3 Nuts and dried fruit should be avoided.

### FOODS ALLOWED

#### Protein foods

Eggs, chicken, lamb, fish without bones, pork, beef

#### Dairy Products

Milk, smooth yogurt, milk puddings with no dried fruits/nuts, cheese.

### Starchy Foods (Carbohydrates)

White rice, chapatti or naan bread made with flour No.1, white bread, potatoes without skins, pasta.

Breakfast cereals such as Rice Krispies, Cornflakes. Sugar coated or chocolate varieties of above.

### Fruit\*

Peeled fruit such as: mango, custard apple, apples, peaches, pears, smooth fruit juice, strawberries with skins removed.

### Vegetables\*

Spinach, turia, aubergine and tomatoes, all with skins and pips removed. British vegetables, such as carrots, turnips, parsnips, cauliflower and broccoli.

### Snacks

*Biscuits* - Made with white flour e.g. 'Rich Teas', 'Shortbread', and 'Jaffa Cakes'.

*Cakes* - Made with white flour, no jam or fruit e.g. Madeira cake or Iced Sponge, Laddu/Mesub.

Savoury snacks such as Farsi Puri and sweets that do not contain coconut or dried fruit e.g. Jelabi, Gulab Jaman and Burfi/Barfi.

\*These may be restricted more, depending on why you need a low fibre diet.



## **FOODS TO AVOID**

### **Protein Foods**

Pulses such as lentils dhals, chick peas, kidney beans  
Fish with bones  
Baked Beans

### **Dairy Products**

Ice cream, kulfi or yogurt with nuts or fruit  
Cheese coated with nuts or peppercorns

### **Starchy Foods**

Brown rice, chapattis made with no. 2-4 flour  
Wholemeal, granary or seeded bread  
Wholemeal pasta  
Whole wheat breakfast cereals such as Shredded Wheat, Bran flakes, Fruit “n” Fibre  
Potatoes with jackets  
Kitchri

### **Fruit**

All pithy fruit such as oranges, grapefruit  
Grapes, unless peeled and seeds removed  
Dried fruit e.g. dried apricots, peaches, raisins  
Raspberries/Blackberries.

### **Puddings**

Puddings with dried fruit e.g. Bread and butter pudding, yogurt with fruit and nuts

### **Snacks**

Sev, any snack made with besan flour

### **Miscellaneous**

Any seeds such as sunflower seeds, cardamon pods, cinnamon sticks

## **Practical Hints**

To get the goodness and the taste from vegetables without the fibre, cook dishes such as curries, with a whole onion in the dish, then remove it before eating - the rest of the family can eat this.

Try to have a glass of smooth fruit juice per day or a glass of Ribena blackcurrant juice or fortified squash such as Hi-Juice to get some vitamin C.

To ensure a balanced diet have something from each food group at lunch and supper.

Try experimenting with different foods so your diet does not become boring.

If you are vegetarian and would normally have dhal or lentil curry, then have some yogurt or lassi to get extra protein.

## **Suggested Meal Plan**

### **Breakfast**

Cornflakes/Rice Krispies  
White bread with margarine  
Seedless jam/marmalade  
Smooth fruit juice

### **Mid-morning**

Biscuits e.g. Rich Tea/Shortbread/Jaffa Cake  
Or peeled fruit  
Drink

### **Lunch**

Egg/Cheese/meat sandwich (white bread),  
Potato curry/vegetable curry from allowed list or meat curry  
Rice or chapatti  
Custard/yogurt/jelly/milk pudding



## Mid-afternoon

Indian Tea  
Milk/milky drink

## Evening meal

Potato curry/meat curry/vegetable curry from allowed list  
Rice or chapatti  
Yogurt or lassi

## Dessert

Sero, shrikhund (without fruit), sago, smooth ice cream, peeled fruit

## Important Information

Please let your Dietitian know if you are losing or gaining weight on this diet.

If you are underweight or have a poor appetite, choose full fat products such as milk/yogurt and try to eat regularly.

If your weight is stable or you need to lose weight then try to eat more healthy options e.g. Low fat milk, yogurt and cheese. Peeled fruit rather than biscuits.

## Weight Chart

Some people find it useful to write down their weight.

If you would like to keep a record of your weight you can do that here.

There is no need to weigh yourself more than once per week.

Date	Weight

Notes