



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 Foods such as wholemeal bread, wholemeal pasta 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

All meat, poultry and eggs.

#### Dairy Products

Milk, smooth yogurt, milk puddings and cheese.

#### Starchy Foods (Carbohydrates)

White bread, potatoes without skins, pasta, rice and plain naan bread.

Breakfast cereals such as: 'Rice Krispies', or 'Cornflakes'.

Sugar coated or chocolate varieties of the above.

#### Fruit\*

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

#### Vegetables\*

Root vegetables such as: carrots, turnips and parsnips. Salad vegetables such as: tomatoes and cucumber, with all the skins and pips removed. Small portions of well-cooked cauliflower and broccoli.

\* Fruits and vegetables may be restricted more, depending on why you need to follow a low fibre diet.

#### Soups

Any clear cream based soup without lentils or chunks of vegetables e.g. cream of chicken soup, tomato soup, oxtail soup and clear soup.

#### 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 and chocolate cake.

Savoury corn snacks such as 'Skips' and 'Wotsits'

Sweets that do not contain coconut or dried fruit e.g. boiled sweets, chocolate and mints.

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

#### Drinks

Water, tea, coffee, milk, squash, milkshakes, fizzy drinks, 'Bovril', and 'Oxo'. Alcohol in moderation, (unless your doctor has told you not to have any).



### **Foods to Avoid**

#### **Protein Foods**

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

#### **Dairy Products**

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

#### **Starchy Foods**

Wholemeal, granary or seeded bread  
Brown rice, Wholemeal pasta. Whole wheat breakfast cereals such as 'Shredded Wheat', 'Bran flakes', 'Fruit and Fibre' and 'Weetabix'.  
Jacket potatoes.

#### **Fruit**

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

#### **Puddings**

Puddings with dried fruit e.g. Bread and butter pudding, fruit cake and jam tart.

#### **Vegetables**

Peas, beans, sweetcorn, peppers, mushrooms, and onions.

#### **Snacks**

Crisps, museli bars and wholemeal scones.

#### **Miscellaneous**

Any seeds such as sunflower seeds, jams and marmalades with seeds and pips, soup with vegetables and lentils, chutneys and pickles.

#### **Drinks**

'Cup a Soup' with bits, Meal replacement drinks such as 'Build-up' or 'Slimfast' that contain fibre.

### **Practical Hints**

To get the goodness and the taste from vegetables without the fibre, cook dishes such as stews and casseroles, 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 lentils, cheese, kidney beans and nuts, then have some yogurt or milk to get extra protein.

### **Suggested Meal Plan**

#### **Breakfast**

Cornflakes/Rice Krispies  
White bread or toast with margarine, seedless jam/marmalade.  
Grilled bacon or boiled/poached/scrambled egg and toast  
Smooth fruit juice

#### **Mid-morning**

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

#### **Light Meal**

Egg/Cheese/Meat sandwich (white bread), or Jacket Potato (no skin) and tuna or salmon  
Custard/yogurt/jelly/milk pudding.

#### **Mid-afternoon**

Tea or coffee, Plain biscuit

