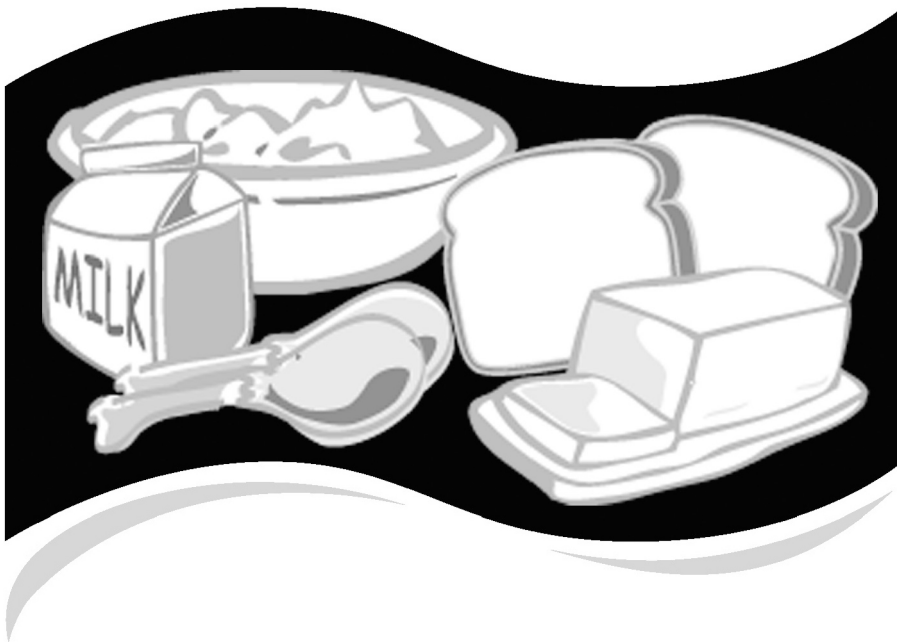




# Low Fibre diet

Information for patients from  
Nutrition & Dietetics





## LOW FIBRE DIET

You have been advised to follow a low fibre diet.

This means you should:

- ❖ Avoid or limit foods containing a lot of fibre. For example fruit, vegetables, nuts, wholegrain cereals and bran
- ❖ Try to drink a variety of fluids including water, tea, coffee, milk, smooth fruit juice and squash. Aim to have 1.5 - 2 litres (6-8 mugs or glasses) each day. Unless specific fluid restriction advised by medical team.

## WHY IS A LOW FIBRE DIET NECESSARY?

Certain foods cannot be completely digested by the human body. One example is fibre which helps to bulk up your stools. This helps with regular bowel movements and keeps your bowel healthy.

However, there are cases when it is better to reduce stool volume as much as possible in order to keep the bowel clear or help to settle symptoms.

## HOW LONG WILL I NEED TO FOLLOW A LOW FIBRE DIET FOR?

This depends on the reason for which you have been asked to follow such a diet.

In some cases where inflammation in the bowel is suspected then a few weeks on a low fibre diet may be necessary.

The need for a low fibre diet is usually temporary but in some cases it may be required for longer. Your dietitian/doctor/nurse will advise if this is needed on a more long-term basis and whether a multivitamin may be required.

*\*Inflammation: Irritation, Swelling, Pain, Discomfort*

## HELPFUL HINTS

- ❖ Canned/stewed fruits can be blended further and passed through a sieve to remove seeds/pulp
- ❖ Soups can be blended and passed through sieve also
- ❖ A multi-vitamin may be required, this should be discussed with the IBD Nurse, Consultant or Dietitian.
- ❖ It is important that you include a small glass of smooth fruit juice without pulp (e.g. orange juice) to ensure you have a source of Vitamin C in your diet.
- ❖ Although meat, dairy, fats and oils do not contain fibre, these foods can be difficult to digest. Avoid tough and fatty cuts of meat and very fatty/fried foods.
- ❖ If dairy foods are poorly tolerated, eat/drink in small amounts and spread intake of dairy foods throughout the day.

Remember: Take time to eat meals

Eat regularly throughout the day

Drink plenty of fluids throughout the day

Eat 'Little and Often' - eat smaller amounts more often during the day

**The following table will help you choose lower fibre foods.**  
 In your daily diet, try to include a variety of foods from the food groups listed.

<b>Food Group</b>	<b>Foods to include</b>	<b>Foods to be avoided</b>
<p>Bread, cereal, potatoes, etc.</p>	<p>Low fibre breakfast cereals e.g. Cornflakes, Frosted flakes, Rice Krispies, Coco-pops.</p> <p>Breads and crackers made with white flour or cornflour e.g. white bread, white rolls, water biscuits.</p> <p>Sponge cakes, scones, pancakes and pastries made with white flour. Rich tea biscuits.</p> <p>Potatoes - boiled, steamed, mashed, chipped without skins.</p> <p>White pasta, white noodles, white rice e.g. basmati, rice pudding, easy cook white rice/pasta.</p>	<p>High fibre/wholegrain cereals or those with added fruit or nuts e.g. Muesli, Weetabix, Branflakes, Oats, Bran.</p> <p>Brown, wholegrain, granary, seeded loaves, flat breads, scones or crackers with added fruit, nuts or oats</p> <p>Fruit scones, cakes or pastries with fruit, seeds or nuts.</p> <p>Jacket potatoes, roasted potatoes, potatoes with skins.</p> <p>Wholewheat or brown pasta or noodles. Brown or wild rice or rice with added veg.</p>

<b>Food Group</b>	<b>Foods to include</b>	<b>Foods to be avoided</b>
Fats and Oils	Butter, margarine, mayonnaise, cream sauces, salad dressing without seeds.	Salad dressings with seeds.
Vegetables	Thoroughly cooked and easily mashed eg turnip, swede. Skinned and deseeded tomatoes, tomato puree, passata, smooth vegetable juice, smooth vegetable soup (strained if required). Broth soup e.g chicken noodle/rice soup, with no veg pieces.	All raw vegetables and salad. All beans, include baked beans, peas, pulses, lentils and sweetcorn, including chickpeas. Cruciferous vegetables eg. cauliflower, broccoli and sprouts. Vegetables with tough skins or stalks.
Fruit	Fruit juices without pips or seeds, or pulp. Fruit without skins, canned e.g.tinned pears or peaches or cooked, applesauce.	Dried fruits, fruit skins, rhubarb. Fruit and vegetable juices with 'bits' e.g.citrus fruit, smoothies with seeds.
Meat, fish and alternatives	Tender lean meats, fish without bones, chicken and turkey without skin, eggs, tofu.	Tough or coarse meats, pies containing vegetables, sausages, cured meats with seeds (such as salami), meat replacement products such as Quorn, soya mince.

<b>Food Group</b>	<b>Foods to include</b>	<b>Foods to be avoided</b>
Milk and Dairy products	Milk, smooth yoghurt and fromage frais. Milk pudding and ice-cream with no added fruit. Cheese, cheese spreads, cream cheese and plain cottage cheese.	Yoghurts, yoghurt drinks, fromage frais and puddings containing whole fruit , muesli, nuts or seeds. Cheese containing nuts, seeds or fruit.
Miscellaneous	Sugar and syrup. Jelly, jam without seeds or pips, honey, syrup, lemon/orange curd, shredless marmalade, smooth nut butter. Custard powder. Plain toffee, boiled sweets, fruit gums. Dark/milk chocolate without fruit or nuts. Salt, pepper, vinegar, ketchup. Coffee, tea, instant hot chocolate, soft drinks. Clear soups (consommé, bouillon), Oxo, Bovril, stock cubes.	Seeds, nuts, coconut. Marmalade, marzipan, sweets and cakes containing fruit or nuts. Crunchy nut butter, pickles, chutney. Popcorn. All chocolate containing nuts and fruit. Cereal bars, oat biscuits, fig rolls, flapjacks, digestive biscuits. Fresh herbs, bombay mix, coleslaw.



# SUGGESTED MEAL PLAN

## Breakfast

- ❖ A bowl of cornflakes or rice krispies with semi-skimmed milk
- ❖ White bread or white rolls (you can toast them if you like) with eggs
- ❖ A glass of smooth fruit juice
- ❖ Smooth yoghurt (with no fruit pieces)

## Mid-morning

- ❖ Hot beverage
- ❖ Plain biscuit or plain scone (made from white flour)

## Lunch

- ❖ Clear soup
- ❖ White toast/bread/crackers or jacket potato (no skin) with toppings e.g tuna mayo, cheese, eggs, chicken etc.
- ❖ Rice pudding or jelly

## Mid-afternoon

- ❖ Hot beverage
- ❖ Plain shortcake or a slice of Madeira cake, cheese and plain crackers

## Dinner

- ❖ A portion of tender lean meat, or fish, or chicken with skin removed, with gravy
- ❖ A portion of white pasta, or white rice, or boiled potatoes without skins
- ❖ Small portion of well boiled veg e.g cauliflower /swede/carrots/deskinning and de-seeded tomatoes
- ❖ A small pot of plain low fat natural yoghurt or smooth Formage Frais
- ❖ Tinned /stewed fruit without seeds, skin, pith

## Supper

- ❖ A cup of Oxo or Bovril or Drinking Chocolate
- ❖ A slice of white bread with spread

**Note: The above menu is provided to illustrate how low fibre foods can be used. It is not intended as and should not be relied upon as the only menu choice.**

**CONTACT DETAILS:**

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