



Berkshire Healthcare NHS Foundation Trust  
Royal Berkshire NHS Foundation Trust

# Low fibre diet

## Information for patients

Name \_\_\_\_\_

Your Dietitian \_\_\_\_\_

Dietitian contact number: 0118 322 7116

## Following a low fibre diet

Fibre is the part of plant foods that cannot be digested. It is found in cereals, fruits, vegetables, nuts and seeds.

Symptoms of abdominal pain, diarrhoea and bloating, associated with certain bowel conditions may be made worse by a high fibre diet.

Selecting lower fibre foods can help to improve some symptoms.

A balanced diet is varied and contains adequate amounts of all the nutrients essential for good health. Choose a variety of foods from the following four main food groups. This will ensure that you get the right balance of nutrients in your diet.



### 1. Bread & cereals (low fibre)

These foods should form the basis of your diet. It is best to fill up on plenty of these at each meal. They provide energy, B-vitamins, iron and fibre.

### 2. Fruit & vegetables (as tolerated)

These provide essential vitamins, minerals and fibre. The fibre content of different fruit and vegetables varies and it is not usually necessary to cut all of them out. Small amounts of high fibre fruit and vegetables may be tolerated.

### 3. Meat & alternatives


These foods provide us with protein, iron and B-vitamins.

### 4. Milk & milk products


These foods provide protein and calcium for strong bones.




Take plenty of fluids, 8 – 10 cups per day, including a glass of pure fruit juice or fruit drink with added Vitamin C, as a low fibre diet can also be low in Vitamin C.

Use the following tables to choose a variety of suitable foods for your meals and snacks.

<b>Food group &amp; portion size</b>	
<p><b>Bread, cereals, rice, pasta.</b> <b>One portion:</b></p> <ul style="list-style-type: none"><li>• 2-4tbsp cereal</li><li>• 1 slice of bread</li><li>• 2-3 plain crackers</li><li>• 2-3 tbsp rice, pasta or mashed potato</li><li>• 2 new potatoes or half a baked potato (without the skin)</li></ul> <p><b>Recommended daily portion:</b> <b>7-14</b> (include starchy foods at all meals)</p>	 An illustration of a loaf of brown bread with a slice cut out, showing a lighter interior. To the left of the bread are several stalks of wheat. Below the bread are several small, round, light-brown potatoes. The entire scene is set against a light yellow circular background.

**Note: tbsp = tablespoon, tsp = teaspoon**

<b>Food group &amp; portion size</b>	
<p><b>Fruit &amp; vegetables. One portion:</b></p> <ul style="list-style-type: none"> <li>• Banana or apple (peeled)</li> <li>• 1 slice of melon</li> <li>• 1 small glass of clear fruit juice</li> <li>• 3 heaped tbsp of allowed vegetables</li> <li>• 2 new potatoes or half a baked potato (without the skin)</li> </ul> <p><b>Recommended daily portion:</b> <b>5 or more</b></p>	
<b>Low fibre foods (ALLOWED)</b>	<b>High fibre foods (AVOID)</b>
<ul style="list-style-type: none"> <li>• White bread &amp; rolls</li> <li>• White flour &amp; white flour products e.g. biscuits, cream crackers</li> <li>• Potatoes – no skin</li> <li>• Refined breakfast cereals e.g. Cornflakes, Rice Krispies</li> <li>• White rice and pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal, granary, soft grain and brown bread</li> <li>• Wholemeal flour, bran, wholegrain crispbreads</li> <li>• Digestive &amp; whole wheat biscuits.</li> <li>• Flapjacks &amp; cereal bars</li> <li>• Wholegrain or bran cereals e.g. Weetabix, branflakes, shredded wheat, muesli &amp; porridge</li> <li>• Brown rice, wholewheat pasta</li> </ul>
<p><b>Fruit:</b> melon (no skin or seeds), tinned mandarins, tinned grapefruit, tinned peaches (without pith), fruit juice (clear and without pith ie: apple juice)</p>	<p>All fruit not in the low fibre foods column, including skins, pips, seeds and dried fruits.</p>

<b>Food group &amp; portion size</b>	
<p><b>Vegetables:</b> Potato and sweet potato, (without skins) pumpkin, squash, root vegetables: carrots, parsnip, swede, turnip, beetroot, celeriac, lettuce, peeled cucumber, skinned &amp; deseeded, tomatoes, cauliflower &amp; broccoli florets (no stalks), peeled marrow, aubergine, courgette. All vegetables <b>must</b> be well cooked. Aim to remove all skins and seeds.</p>	<p>Potato skins, pulses – peas, beans (including baked beans) lentils, celery, sweet corn, peppers, raw vegetables, French or runner beans, mange tout, radish, onions, Quorn, green leafy vegetables for example cabbage, artichokes.</p>
<p><b>Milk &amp; dairy foods. One portion:</b></p> <ul style="list-style-type: none"> <li>• ⅓ pint of milk</li> <li>• Small pot smooth yoghurt</li> <li>• 2 tbsp plain cottage cheese</li> <li>• 1 ½ oz (40-45g, matchbox size) cheese</li> </ul> <p><b>Recommended daily portion: 3</b></p>	
<p><b>Protein. One portion:</b></p> <ul style="list-style-type: none"> <li>• 2-3 oz (60-85g) meat, poultry</li> <li>• 4-5 oz (120-140g) fish</li> <li>• 2 eggs</li> </ul> <p><b>Recommended daily portion: 2-3</b></p>	
<p><b>Fatty &amp; sugary foods. One portion:</b></p> <ul style="list-style-type: none"> <li>• 2 tsp spread, butter, oil or salad dressing</li> <li>• 2 tsp sugar, jam or honey</li> <li>• 1 mini chocolate bar</li> <li>• 1 scoop ice cream</li> <li>• 1 tbsp cream</li> </ul> <p><b>Recommended daily portion: 0-4</b></p>	

<b>Low fibre foods (ALLOWED)</b>	<b>High fibre foods (AVOID)</b>
<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Milk</li> <li>• Plain and set yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Yoghurt containing fruit pieces and nuts</li> </ul>
<ul style="list-style-type: none"> <li>• Meat, poultry and offal</li> <li>• Fish – no bones</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Tough or stringy meats</li> <li>• Fish with edible bones e.g. tinned salmon, sardines or pilchards</li> <li>• Tinned or ready meals containing vegetables</li> <li>• Pulses -beans, lentils, peas</li> <li>• Nuts and nut butter</li> </ul>
<ul style="list-style-type: none"> <li>• Plain cake or hot puddings (sponges &amp; crumbles), ice cream, jelly, mousse</li> <li>• Plain milk puddings(rice/semolina)</li> <li>• Sugar, glucose, ‘jelly’ jams, honey, syrup, lemon curd</li> <li>• Boiled sweets, plain toffee and chocolate</li> <li>• Butter, margarine, oil, cream</li> </ul>	<ul style="list-style-type: none"> <li>• Cakes and desserts with fruit and nuts or wholemeal flour</li> <li>• Coarse marmalade</li> <li>• Jam with pips or skins</li> <li>• Toffee or chocolate with fruit or nuts</li> </ul>

## Miscellaneous

<b>Low fibre foods</b>	<b>High fibre foods</b>
<ul style="list-style-type: none"> <li>• Clear or sieved soups, sauces and gravy</li> <li>• Vinegar, lemon juice</li> <li>• Spices (as tolerated)</li> <li>• Marmite, Bovril</li> </ul>	<ul style="list-style-type: none"> <li>• Unclear or unsieved soups, sauces and gravy (or soups containing vegetables)</li> <li>• Pickles, chutney</li> </ul>

## **Some menu ideas to try**

### **Breakfast ideas**

- Apple juice plus either:
- Cornflakes / Rice Krispies with milk
- Buttered white toast with seedless jam
- Poached egg on white toast

### **Main meal ideas**

- Roast beef with mashed potato, cauliflower florets, Yorkshire pudding and gravy
- Spaghetti in creamy ham sauce
- Boneless fish in white sauce with rice and carrots
- Grilled chicken with rice and peeled marrow
- Pasta served with tomato sauce and grated cheese

### **Snack ideas**

- Macaroni cheese
- Cream of tomato soup with added diced meat served with a buttered white bread roll
- Toasted tuna sandwich (made with white bread)
- Ham omelette with white bread roll

### **Between meals ideas**

- Plain or cheese scones
- Crumpets and seedless jam
- Cream crackers with meat pate or soft cheese

## **Introducing new foods...**

You may be able to slowly re-introduce fibre into your diet, as your symptoms improve. Introduce one new food at a time, in small amounts.

It is advisable to try cereal fibre first, e.g.: wholemeal bread, and leave very fibrous foods out, such as celery, raw vegetables and pulses.

If discomfort occurs, withdraw the food, and retry at a later time. Avoid those foods known to upset you.

If you are following a low fibre diet for a prolonged period, it is advisable that you see a dietitian to have the nutritional adequacy of your diet checked.

## **Notes**

Berkshire Healthcare Dietitians:

East Berks: 01753 636 724

West Berks: 01635 273 710

**Please ask if you need this information in another language or format.**

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