

Low Fibre Diet

What is fibre?

Fibre is the part of the plant that humans cannot digest. It passes through the bowels largely unchanged, giving bulk to the stool. It can also act as a sponge to help absorb fluid and soften the stool.

Why reduce fibre intake?

For a healthy person, a high fibre intake is good for keeping the bowels healthy. However, in medical conditions (e.g. flare-up of Crohn's or Ulcerative Colitis), a high fibre diet can aggravate symptoms and cause irritation to the bowels.

A low fibre diet is generally not designed to be followed for a long period of time. When not experiencing symptoms, a high fibre diet is recommended. It is best to gradually increase your fibre intake to allow your bowels to adjust to the change.

Which foods contain fibre?

- Fruit and Vegetables
- Wholegrain/wholemeal breads and cereals
- Nuts and seeds
- Legumes (eg. Baked beans, lentils, soy beans, kidney beans).

Remember you must continue to eat a balanced diet which should include foods from the following groups:

- Breads, cereals, rice, pasta, noodles
- Vegetables
- Fruit
- Milk, yoghurt, cheese
- Meat, fish, poultry, eggs, nuts, legumes

How to reduce your fibre intake?

- Avoid wholegrain, high fibre breads and cereals. Use white varieties where possible.
- Remove stalks, stems, pips, seeds and skins from fruit and vegetables.
- Avoid dried fruits, nuts & seeds.
- Strain fruit and vegetable juices and soups.
- Check commercially prepared foods for high fibre ingredients.

For further information, contact your Dietitian or Nutritionist:

FOOD GROUP	INCLUDE	AVOID
Bread, Cereals, Rice, Pasta, Noodles	<ul style="list-style-type: none"> White bread, crumpets, scones, English muffins Refined breakfast cereals eg <i>Rice Bubbles™</i>, <i>Cornflakes™</i>, <i>Special K™</i> White rice, pasta, sago, tapioca, semolina White flour, cornflour, Plain sweet and savoury biscuits or cakes 	<ul style="list-style-type: none"> Wholemeal, wholegrain bread, crumpets, fruit bread, rye bread Wholegrain breakfast cereals or any with dried fruit, nuts or coconut eg Muesli, <i>All Bran™</i>, <i>Weetbix™</i> Rolled oats, raw oats, oat bran, muesli bars Brown rice, pasta, corn Wholemeal flour, wheatgerm Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut
Vegetables	<p>Ensure vegetables are <u>peeled</u> and <u>well cooked</u> where able:</p> <ul style="list-style-type: none"> Potato, sweet potato, pumpkin, carrot, zucchini Cauliflower and broccoli tips Asparagus tips, mushrooms <p>Suitable salad vegetables are:</p> <ul style="list-style-type: none"> Tomato and cucumber with skins and seeds removed Shredded lettuce Spring onion, onion, capsicum Well strained vegetable juice Tomato puree or paste 	<ul style="list-style-type: none"> All raw vegetables. Avoid all other vegetables not listed in foods to include.
Fruit	<ul style="list-style-type: none"> Pawpaw and melons (no seeds) Banana, seedless grapes, Peeled peaches & nectarine Well cooked fruit no skin/pips Canned fruits except pineapple Fruit juice – no pulp 	<ul style="list-style-type: none"> Fruit with skin, pips or of a very “fibrous” texture - e.g apples, pears, pineapple Canned pineapple Dried fruit All other fruit not listed in foods to include.
Dairy foods	<ul style="list-style-type: none"> All varieties of milk Plain yoghurt, custard, vanilla, <i>Fruche™</i>, plain cheese, plain or flavoured icecream 	<ul style="list-style-type: none"> Ice cream or gelati containing dried fruit, nuts or coconut Products containing “chunky fruit” pieces

FOOD GROUP	INCLUDE	AVOID
Meat, fish, poultry, eggs, nuts, legumes	<ul style="list-style-type: none"> Any tender, soft meat, chicken (no skin) and fish. Tofu Eggs 	<ul style="list-style-type: none"> Legumes eg. baked beans, lentils, soy beans, kidney beans Nuts & seeds
Miscellaneous	<ul style="list-style-type: none"> All fats including butter, margarine, mayonnaise, oils Sugar, honey, syrups, Boiled lollies, jubes, chocolate with no fruit, nuts or coconut Spreads without seeds or skin Soup made from allowed ingredients, <i>BonoxTM</i> Desserts made from allowed foods (jelly, ice-cream, custard) Gravy, salt, pepper, dried herbs & spices 	<ul style="list-style-type: none"> Popcorn Crunchy peanut butter Coconut Chocolate with nuts and fruit Chutney and pickles

Suggested Meal Plan

BREAKFAST
1 Glass strained fruit juice Rice bubbles with milk/sugar White toast / bread / crumpets with margarine / butter / honey / jam / vegemite. Egg / cheese if desired
LUNCH
Tender meat / chicken / fish / egg / cheese White bread and margarine / butter Tinned fruit with custard or yoghurt Cup of tea/coffee
DINNER
Blended soup Tender meat / chicken / fish / egg / cheese Potato / white rice / pasta Allowed vegetables – well cooked Bowl of plain ice cream Cup tea/coffee
SNACKS
Melons, tinned fruit, yoghurt, milk, cheese & crackers