

Low Fibre Diet Sheet

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Aim of the leaflet

This leaflet aims to enable people to choose low fibre foods and drinks. It is aimed at adults.

You have been advised to follow a low fibre diet. This leaflet will help you to identify foods and drinks that contain small amounts of fibre and avoid those which are high.

A low fibre diet will reduce the activity of your bowel by reducing stomach discomfort and bloating. It will also help to prevent your bowels becoming blocked if you are at risk of an obstruction.

Fibre is the part of food that is not broken down and digested. It passes through the gut and then forms your bowel movement.

Important points

- This diet is normally used as a temporary measure only. If you have to continue a low fibre diet for a long period speak to your dietitian
- Foods high in fibre are wholegrain, wholemeal, bran, oats, nuts, seeds, skins and stalks of certain fruit and vegetables
- Avoid foods labelled “high fibre”
- Avoid spicy foods as these can irritate the bowels

Meat, fish & alternatives

Suitable foods	Foods to avoid
All meat and fish Quorn sausage (max 1) Quorn chicken style pieces < 50g Quorn chicken/bacon slices < 30g Eggs Tofu	Meat/fish with breadcrumbs or wholemeal pastry All pulses e.g. baked/broad/kidney beans, lentils

Dairy Products

Suitable foods	Foods to avoid
Milk – all types Cheese Smooth yoghurts	Cheese with nuts or pieces of fruit Yoghurts containing large pieces of fruit, fibre, nuts or seeds

Fats & Oils

Suitable foods	Foods to avoid
All allowed	

Starchy Carbohydrates

Suitable foods	Foods to avoid
Cornflakes (without nuts) Rice puff cereals	Wholegrain cereals e.g. wheat, bran, porridge, muesli or those containing added fruit/nuts
White bread and toast White naan (plain) Chapatti (made with white flour) Poppadoms White pitta Crumpets, plain scones White rice	Wholemeal, brown, granary, bran and soya flours or white breads containing high fibre
Noodles White pasta Plain crackers, crispbreads	Couscous Brown/cold rice
All potatoes (peeled) Chips	Wholemeal/cold pasta Rye and wholegrain crackers/crispbreads
	Jacket potato skins

Fruit : peel and remove seeds, pips and stalks

Suitable foods	Foods to avoid
<i>Fruit:</i> Apple Apricot Bananas Cherries Grapefruit Grapes Kiwi Lychees Mango Melon Nectarine Peach Pear Plums Tinned fruit cocktail	Dried fruit (Prunes, Raisins, Sultanas) Banana chips Beansprouts Blackberries Blueberries Coconut Cranberries Currants Dates Figs Gooseberries Loganberries Orange Pineapple Raspberries Redcurrants Satsuma Strawberries Tangerines

Vegetables : peel and remove seeds, pips and stalks

Suitable foods	Foods to avoid
Vegetable: Aubergine Beetroot Broccoli Carrots Cauliflower Celery Courgette Cucumber Leek Lettuce Marrow Mushrooms (tinned) Onion (cooked) Pepper Radish Swede Sweet potato Tomato Turnip	Vegetable: Asparagus Beans (Green/French/Runner) Brussel sprouts Cabbage Mushrooms (fresh) Onion (raw) Parsnips Peas Rhubarb Spinach Squash Sweetcorn

Miscellaneous

Suitable	To avoid
<p>Sauces: Barbecue (BBQ), gravy, bread, cheese, brown, tartare, tomato (sieved to remove skin/seeds) ketchup, white (béchamel)</p> <p><i>Dressings:</i> French/blue cheese/ thousand island (smooth)/mayonnaise/salad cream</p> <p>Smooth marmalade/jam, lemon curd, syrup Marmite Bovril Stock cubes Smooth soup e.g. cream of chicken/tomato</p> <p>Corn snacks, potato crisps, pretzels</p>	<p>Onion sauce, pickles, chutney, garlic</p> <p>Jam, marmalade containing seeds or peel</p> <p>Peanut butter</p> <p>All other soups Nuts, seeds, Bombay mix, spicy potato crisps</p>

Puddings & snacks

Suitable foods	Foods to avoid
<p>Jelly Blancmange Instant desserts Ice lollies Sorbets Meringue Mousse Custard Rice pudding Ice cream Sweet pastries Muffins Scone (plain) Pancakes Tapioca Plain cake/biscuits e.g. rich tea, malted milk and shortbread Chocolate, toffee, fudge</p>	<p>No added fruit/nuts Popcorn Mince pies</p> <p>Wholemeal cakes e.g. flapjack or biscuits e.g. Digestives/Oat based or those containing fruit, nuts or marzipan</p> <p>Chocolate, toffee and fudge with added fruit/nuts</p> <p>Scone with currants</p>

Drinks

Suitable drinks	Drinks to avoid
Fruit juice (any without bits) Fruit Squash Tea/Coffee Carbonated Drinks (e.g. Lemonade/Cola) Alcoholic Drinks Hot Chocolate Milk Water Nutritional supplements (without added fibre) e.g. over the counter - Complan or Build up soup/shake or those prescribed. <i>Your dietitian can advise on supplements available on prescription.</i>	Fruit juice with added fibre/skin/pith Malted drinks Nutritional supplements with added fibre

Ideas for low fibre meal plan

Breakfast:

- Rice Puff Cereals/Cornflakes
- Cooked Breakfast: egg, sausage, bacon, tomatoes (no skin/seeds) and white toast
- Croissant, Crumpets, White Toast
- Fruit with yoghurt (smooth)

Lunch:

- Sandwiches (made with white bread) with suitable filling
- Soup (smooth) with white bread
- Salad: Lettuce, tomato (no skin/seeds), cucumber with egg/cheese/meat/prawn/tuna with dressing and new potatoes/white bread
- Baked potato (no skin) with suitable filling

Dinner:

- Meat pie/sausages with mashed potato, carrot and parsnips
- Roast dinner with suitable vegetables/sauces and potatoes
- Chicken, bacon and cheese melt with suitable salad and new potatoes
- Omelette (cheese/ham), new potatoes and suitable salad

- Fish fingers with chips and suitable salad
- Macaroni (white pasta) cheese with tomato (no skin/seeds) & suitable salad
- Beefburger in a white bun (no seeds) with suitable salad and chips
- Salmon/Quorn with rice and suitable sauces

Snacks:

Plain biscuits, tea or coffee, milky drink, crisps, cheese and crackers, yoghurt (smooth) and suitable fruit.

Notes

References

Sources of information used in the preparation of this leaflet:

- Manual of dietetic practice fourth edition. Edited by Briony Thomas and Jacki Bishop in conjunction with the British Dietetic Association(2007).
- Food Standard's Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry.

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