

# Advice to modify the fibre content of your diet

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## What is fibre?

Fibre is the part of plant-based foods that is not completely broken down (digested) by the gut.

## Why has it been suggested I follow a modified fibre diet?

You may have been advised to modify the fibre content of your diet to help manage your bowel function for a number of reasons, including:

- Bowel obstruction or blockage
- Active inflammatory bowel disease
- Fistulating or stricturing Crohn's disease
- Newly formed stoma

A modified fibre diet will reduce the amount of undigested material in your gut therefore reducing the risk of bowel obstruction. Additionally, fibre helps to soften stools and makes them easier to pass, therefore reducing fibre can help to slow the amount of stool that comes out of a new stoma or fistula.

## How long do I have to follow this diet for?

This can vary from person to person and your Dietitian, or health care team will support you with this. Where possible, the amount of fibre that you can include in your diet will be increased over time; however, it may be that some high fibre foods need to be excluded long term.

## What foods are high and low in fibre?

Fibre is found in foods including bread, pasta, beans, pulses, nuts, rice, fruits and vegetables. Your Dietitian will help you to adjust the amounts of these foods if you are on a modified fibre or low fibre diet.

The following pages outline suitable products to include depending on the level of restriction required. Just remember that fibre content will vary with different brands, portion sizes, toppings and ingredients.

## Cereals

### Low

Cornflakes®/Frosted cornflakes/Puffed rice cereal (including chocolate coated puffed rice)

### Moderate

Puffed wheat/Barley cereal

### High

All Bran/Bran flakes®/Shredded wheat/Weetabix®/Fruit and fibre cereal/Muesli/Granola/Crunchy Nut Cornflakes®/Porridge/Ready Brek®/Any cereal containing nuts, seeds or dried fruit

## Bread products

### Low

Products made with white flour: White bread/Soft roll/Sliced bread/English muffin/Naan bread/Chapatti

### Moderate

Crusty bread (e.g. crusty white roll or French stick)/50:50 bread/Ciabatta/White Bagel/White Tortilla/Crumpet/Croissant/Rye bread

### High

Products made with wholemeal flour: Brown bread/Wholemeal bread/Granary/Pitta/Sliced bread/Rolls Wraps/Brown bagel/Peshwari naan/Seeded bread/Soya flour products

## Potatoes

The skin is the highest fibre part of the potato. Make sure you remove this to reduce the fibre content. Potatoes are also more difficult to digest if they've been cooked and cooled, so frozen and formed potato products should be eaten in moderation.

### Low

Skin removed: Roasted potatoes/Mashed potato/New potato/Jacket potato

### **Moderate**

Skin removed: Sweet potato/Potato wedges/Oven or fried chips/Frozen potato shapes

### **High**

Skin on jacket potato/Skin on sweet potato/Skin on new potatoes

## **Pasta, rice and grains**

### **Low**

Well cooked: White pasta/White rice (basmati)/Pilau rice/Risotto rice/Noodles (rice/egg)

### **Moderate**

Brown Rice/Couscous

### **High**

Whole wheat pasta/Wild rice/Quinoa/Pearl Barley/Lentils

## **Meat, fish and alternatives**

### **Low**

Tender/soft meat: Chicken/Turkey/Pork/Beef/Lamb/Fish (no bones) tinned or fresh/Tofu/Eggs

### **Moderate**

Quorn®/soya products (be mindful of coatings/toppings (e.g. breadcrumbs) which may fall into the high-fibre category)

### **High**

Fish with bones/Pork scratchings/Meats with gristle/rind/Beans and pulses/Baked beans/Chickpeas/Lentils/dhal/Kidney beans/Butter beans/Broad beans/Cannellini beans

## Dairy and alternatives

### Low

Milk (cow, goat, sheep)/Cheese (avoid cheese with fruits & nuts)/Cream/Custard/Smooth yoghurt (no fruit pieces)/Soya milk/Almond milk

### Moderate

Oat milk

### High

Yoghurt with fruit pieces, nuts, seeds, oats and granola/Weetabix® breakfast drinks

## Fruit

Peeling fruit and making sure that any pith and/or seeds are removed will lower the fibre content. Be mindful of portion sizes!

### Low

Tinned peaches/Tinned pears/Apple, peeled, seeds removed and cooked

### Moderate

Oranges (get rid of as much pith as possible)/Grapes/Apple (peeled, uncooked)/Blueberries/Ripe (yellow) banana/Pears (peeled)/Peach(peeled)/Strawberries/Raspberries

### High

Dried fruit/Pineapple/Pomegranate seeds/Low/medium fibre fruit with skin and seeds left on

## Vegetables

Peel where possible or avoid stalks, stringy parts.

### Low

Well cooked, peeled root vegetables: Swede/Parsnip/Turnip/Carrots

### Moderate

Well cooked, peeled vegetables/Canned tomatoes (sieved)/Green Cabbage/Cauliflower/Broccoli/Cucumber/Lettuce/

## High

Peas/Sweetcorn/Onion/Tomatoes/Green

Beans/Mangout/Coleslaw/Mushrooms/Celery/Low/medium fibre vegetables with skin/seeds

## Sweet products

### Low

Rich Tea biscuits/Shortcake biscuits/Gingernut biscuits/Chocolate digestives/Jaffa cakes/Jam filled biscuit/Shortbread/Wafers/Milk/dark/white chocolate/Caramel/Marshmallows/Doughnut/Ice cream/Rice pudding/Apple pie/Apple crumble/Jelly/Mousse/Chocolate spread/Madeira sponge/Chocolate muffin/Plain scone

### Moderate

Digestive biscuits/Custard creams/Bourbon biscuits/Chocolate chip cookies/Fruit trifle/Fruit muffin

### High

Malt bread/loaf (with dried fruit)/Fruit cake or scone/Carrot Cake/Flapjack/Tiffin/Mince pie/Christmas cake/pudding/Fruit pies/crumbles with higher-fibre fruits e.g. blackberries or rhubarb/Any desserts/chocolate/biscuits/cereal bars which contain nuts, seeds or dried fruit

## Savoury products

\*Fibre content will vary depending on filling

### Low

Quavers/Wotsits/Skips/Prawn crackers/Yorkshire pudding/Pancakes/Dumplings/Cheese scone

### Moderate

Olives/Potato crisps/Puri/Sausage rolls/Rice cakes/Cream crackers/Pastry(shortcrust/filo/flaky)/Hummus/Pizza\*/Quiche\*/Spring rolls\*

## High

Tortilla chips/Twiglets/Bombay mix/Popcorn/Poppadom/Rye Crisp bread/Oatcakes/Peanut butter (smooth or crunchy)/Nuts/Seeds/Pork Scratchings

## Drinks

### Low

Water/Teas/Coffee/Squash (cordial)/Fizzy drinks/Bovril/Marmite

### Moderate

Smooth fruit juice

### High

Smoothies/Fruit juice 'with bits'

## Tips for keeping fibre content low

The fibre content of some fruit and vegetables can be reduced as follows:

- Remove any pith, pips, skin or seeds
- Cooking foods well will help to break down the fibre – well-stewed, peeled apple will be lower in fibre than an uncooked, unpeeled apple.

Be mindful of your portion sizes – combining several low fibre foods may add up to a medium or even high-fibre meal!

If you require a low fibre diet for more than a few weeks, this should be supervised by a Dietitian to ensure you are not missing out on any essential nutrients. If you have not been seen by a Dietitian, please talk to your consultant or GP.

## Contact Details

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