

# Guidelines for a low fibre diet

Changes in your diet can sometimes help in regulating your bowel function. Eating a low fibre diet can help to limit bowel movements and lessen diarrhoea, reduce wind and bloating.

Too much fibre in your diet can lead to constipation. It is therefore important to alter your diet according to your needs.

Keeping a food diary can be a good place to start before thinking of altering your diet; it can highlight if there are any particular foods which alter your bowel habits.

The following are just guidelines about the types and amounts of foods for a low fibre diet, we are all individual in the foods we can tolerate and digest, therefore use these guidelines to suit your needs.

Food Group	Food choices low in fibre (consider increasing these)	Food choices high in fibre (consider reducing these)
<b>Bread, other cereals and potatoes</b>	<ul style="list-style-type: none"> <li>-White bread, white chapatti, pitta</li> <li>-White pasta</li> <li>-White rice</li> <li>-Refined cereals e.g. Rice</li> <li>Krispies, Cornflakes</li> <li>-Cream crackers, rice cakes</li> <li>-Boiled mashed or roast</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain/granary bread, added fibre white bread, brown chapatti, wholemeal pitta</li> <li>-Wholemeal pasta</li> <li>-Brown rice</li> <li>-Wholegrain cereals e.g. Banflakes, Weetabix, Muesli, porridge</li> <li>-Rye crispbreads, wholemeal crackers, oatcakes</li> <li>-Jacket potato skins</li> </ul>

	potatoes (no skin)-Yams, sweet potato	
<b>Fruit and vegetables</b>	<ul style="list-style-type: none"> <li>-Fresh, tinned or stewed fruit but remove any skin, pith &amp; pips</li> <li>-Fruit juice without pulp</li> <li>-Vegetables but remove any skins, stalks or seeds</li> </ul>	<ul style="list-style-type: none"> <li>-Dried fruit</li> <li>-Sweetcorn</li> <li>-Avoid fruits with seeds, skins or membranes such as berries</li> </ul>
<b>Pulses and nuts</b>	Avoid this food group unless you are vegetarian, in which case consume small portions of humus or mushy peas	<ul style="list-style-type: none"> <li>-Dried beans, peas, lentils, chickpeas, baked beans</li> <li>-All nuts and seeds as well as foods containing them</li> </ul>
<b>Meat, fish and eggs</b>	<ul style="list-style-type: none"> <li>-Meat*</li> <li>-Poultry*</li> <li>-Fish</li> <li>-Eggs</li> <li>(*ensure these are well cooked, tender meat will be easier to digest. Try simmering, poaching, stewing, steaming and braising.</li> </ul>	<ul style="list-style-type: none"> <li>-Avoid skin, gristle, bone and dishes containing pulses e.g. chilli con carne</li> </ul>

