



## Patient Information

### Low Fibre Diet

FOOD GROUP	INCLUDE:	AVOID:
<b>Breads, Cereals, Rice, Pasta, Noodles</b>	<ul style="list-style-type: none"> <li>• White bread, crumpets, scones, English muffins</li> <li>• Refined breakfast cereals eg. Rice Bubbles™, Cornflakes™, Special K™</li> <li>• White rice, pasta, sago, tapioca, semolina</li> <li>• White flour, cornflour</li> <li>• Plain sweet and savoury biscuits or cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal, wholegrain, fruit and rye breads</li> <li>• Wholegrain breakfast cereals or any with dried fruit, nuts or coconut</li> <li>• Rolled oats, raw oats, oat bran or muesli bars</li> <li>• Brown rice, brown pasta or corn</li> <li>• Wholemeal flour or wheat-germ</li> <li>• Sweet or savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut</li> </ul>
<b>Vegetables</b>	<p><b>Ensure vegetables are peeled and well-cooked:</b></p> <ul style="list-style-type: none"> <li>• Potato, sweet potato, pumpkin, carrots and zucchini</li> <li>• Cauliflower and broccoli tips</li> <li>• Asparagus tips and mushrooms</li> </ul> <p><b>Suitable vegetable juices:</b></p> <ul style="list-style-type: none"> <li>• Well strained vegetable juice</li> <li>• Tomato puree or paste</li> </ul>	<ul style="list-style-type: none"> <li>• All raw vegetables</li> <li>• Avoid all other vegetables not listed in foods to include</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Banana</li> <li>• Well-cooked fruit no skins/pips</li> <li>• Canned fruit except pineapple</li> <li>• Fruit juice – no pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit with skin, pips or of a very 'fibrous' texture (eg. Apples, pears, pineapple)</li> <li>• Canned pineapple</li> <li>• Dried Fruit</li> <li>• All other fruit not listed in foods to include.</li> </ul>
<b>Dairy Foods</b>	<ul style="list-style-type: none"> <li>• All varieties of milk</li> <li>• Plain yoghurt, custard, vanilla, Fruche™, plain cheese, plain or flavoured ice-cream.</li> </ul>	<ul style="list-style-type: none"> <li>• Ice-cream or gelati containing dried fruit, nuts or coconut</li> <li>• Products containing 'chunky fruit' pieces</li> </ul>
<b>Meat, Fish, Poultry, Eggs, Nuts, Legumes</b>	<ul style="list-style-type: none"> <li>• Any tender, soft meat, chicken (no skin) and fish</li> <li>• Tofu</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes (eg. Baked beans, lentils, soy beans, kidney beans)</li> <li>• Nuts &amp; seeds</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• All fats including butter, margarine, mayonnaise, oils</li> <li>• Sugar, honey, syrups</li> <li>• Boiled lollies, jubes, chocolate with no fruit, nuts or coconut</li> <li>• Spreads with no seeds or skin</li> <li>• Soup made from allowed ingredients, Bonox™</li> <li>• Deserts made from allowed foods (jelly, ice-cream, custard)</li> <li>• Gravy, salt, pepper, dried herbs &amp; spices</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Crunchy peanut butter</li> <li>• Coconut</li> <li>• Chocolate with nuts and fruit</li> <li>• Chutney &amp; pickles</li> </ul>

## 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 of tea/coffee

### SNACKS

- Melons
- Tinned fruit
- Yoghurt
- Milk
- Cheese and crackers