

Low fibre diet

In the past, the low fibre diet was called the “low-residue diet”.
A low fibre diet usually contains less than 10 grams of fibre a day.

Why do I have to follow a low fibre diet?

A low fibre diet helps to decrease the amount of bulky material moving through your intestine.

Following this diet may also help reduce symptoms such as abdominal pain/cramping, bloating, nausea, vomiting or frequent, loose bowel movements.

You may need to follow a low fibre diet:

- if you have an ileostomy, to prevent a stoma blockage
- to prevent further blockage of a narrowed bowel
- to reduce gastrointestinal symptoms that are affecting your ability to eat
- other medical reasons _____

Follow this diet for _____.

After this time, ask your dietitian, doctor and/or ostomy nurse (for ostomy patients) if you can slowly start to introduce new foods into your diet.

When you stop following the low fibre diet, try adding a small amount of one new food to your diet every 1 to 3 days.

Tips to remember:

- Eat slowly and enjoy your food.
- Chew your food very well.
- In general, you will need to avoid high fibre foods, and foods with skins and seeds (refer to chart below).
- If you are not sure whether a food is safe to eat, then do not have it.

	Foods You Can Eat	Foods To Avoid
Milk and Milk Products	<p>Fluid milk and milk beverages</p> <p>Cheese such as cottage cheese, hard cheese, Cheese Whiz®, cheese slices, parmesan cheese</p> <p>Cream soups made with allowed ingredients</p> <p>Yogurt – plain, smooth or with allowed fruit</p> <p>Desserts such as Cool Whip®, puddings, custard, sherbet, ice cream</p>	<p>Cheese with seeds</p> <p>Yogurt mixed with seeds, tough skins or membranes (see fruits section below)</p>
Meat, Fish, Poultry, and Meat Alternatives	<p>Meats prepared by baking, broiling, roasting, poaching, and stewing: fish, poultry, lamb, beef, pork, veal, ham, rabbit, organ meats</p> <p>Hot dogs without a skin (most commercial brands)</p> <p>Shrimp, lobster, crab and other shell fish</p> <p>Tofu</p> <p>Eggs (all types)</p> <p>Well pureed hummus</p> <p>Smooth nut spreads such as smooth peanut butter</p>	<p>Sausages and other processed meats such as bologna with casings or skins</p> <p>European frankfurters and other deli-made wieners</p> <p>Beans, lentils and legumes</p> <p>Nuts and seeds</p> <p>Chunky nut spreads such as chunky peanut butter</p>

	Foods You Can Eat	Foods To Avoid
Vegetables	<p>Well to soft cooked non-stringy vegetables: asparagus (young), beets and beet greens, broccoli, carrots, cauliflower, eggplant (skinless), potato (skinless, white or sweet), parsnips, pumpkin (seedless), rutabagas, squash, turnip, wax beans (canned green or yellow)</p> <p>Tomato paste, skinless and seedless tomato sauce</p> <p>Spaghetti sauce (plain or with ground beef)</p> <p>Vegetable juice, such as V8® drink</p> <p>Tomatoes and cucumbers (skinless and seedless)</p> <p>Bottled and roasted red peppers</p>	<p>All raw vegetables and salads.</p> <p>Do NOT eat in either raw or cooked form: bamboo shoots, bean sprouts, bok choy, brussel sprouts, cabbage, celery, corn, coleslaw, fiddleheads, green or yellow beans, kale, lettuce, lima beans, mushrooms, onions, okra, peas, peppers, radish, sauerkraut, spinach, swiss chard</p> <p>Chinese vegetables such as bok choy, bamboo shoots</p>
Fruits	<p>Eat these fruits if the skin, seeds and membranes are removed: apple, apricots, cantaloupe, grapefruit, honeydew melon, mango, nectarines, oranges, papayas, peaches, pears, plums, watermelon</p> <p>Canned fruit such as: apricots, mandarin oranges, peaches, pears</p> <p>Fruit juices/drinks, baked apple (peeled), applesauce, avocado, banana (ripe)</p>	<p>Fruits with seeds, tough skins, or membranes: blackberries, blueberries, cherries, cranberries, fruit cocktail, grapes, kiwi fruit, pineapple, raspberries, rhubarb, strawberries</p> <p>Dried fruit such as: apple, apricots, currants, coconut, dates, figs, prunes, raisins</p>

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Breads and Cereals	<p>Any baked goods made from refined flours (white flour) and allowed ingredients: bagels, biscuits, bread, buns, crackers, croissants, muffins, pancakes, rolls, waffles</p> <p>Low-fiber, cooked and prepared cereals such as: Cheerios®, Corn Flakes®, Rice Krispies®, Cream of Wheat®, oatmeal</p> <p>Pasta such as: macaroni, spaghetti, fettuccini, couscous</p> <p>White rice and barley (cooked very soft and chewed well)</p>	<p>Bread products made with nuts, seeds, or dried fruit Breads made with whole grain, bran, cracked wheat or pumpernickel flour</p> <p>Cereals made with bran, nuts, seeds or dried fruit Granola or trail mix</p> <p>Whole wheat pastas</p> <p>Brown or wild rice Quinoa</p>
Fats	<p>Butter or margarine, shortening, lard, cooking oils, mayonnaise, salad dressing (seedless), sesame butter (tahini)</p>	
Sweets/Snacks	<p>Baked goods made with allowed ingredients, eg. donuts, plain cookies, plain cheesecake Chocolate without nuts Caramels, gum drops, jellybeans, hard candy, marshmallows, licorice Cheesies, potato chips, pretzels Seedless jelly and jam All sugars such as white, brown, icing, maple syrup, corn syrup, molasses, honey</p>	<p>Donuts with raspberry, blueberry, strawberry and cherry filing Pie with fruit filling Cakes or cookies made with nuts, seeds, dried fruit or coconut</p> <p>Jam with seeds or peel (marmalade, strawberry, raspberry, blueberry)</p>
Miscellaneous	<p>Pizza (made with allowed ingredients)</p> <p>Condiments: vinegar, ketchup, mustard, BBQ sauce</p>	<p>Popcorn</p> <p>Condiments: pickles, relish, chutney, olives</p>