

reduced fibre diet

This dietary resource is designed for use by those requiring a reduced fibre diet for a short period of time. This may be because of the type of surgery you have had, you have an increased risk of bowel obstruction, or are experiencing unpleasant obstructive symptoms.

Your surgeon will advise on how long you need to adhere to this diet.

Should you require a reduced fibre diet for longer than 6-8 weeks, it is strongly recommended you book in to see a Dietitian for a nutritional assessment to ensure you are getting a nutritionally complete diet.

What is fibre?

Fibre refers to parts of plant foods that cannot be digested and broken down by the small bowel. It generally moves into the large bowel unchanged. Foods that contain fibre include:

- Fruit and vegetables
- Legumes and pulses
- Nuts and seeds
- Wholegrain bread and cereal products

How can I reduce the amount of fibre in my diet?

- Avoid wholegrain, high fibre breads. Opt for plain white varieties where possible; be mindful that some white varieties contain added fibre e.g. The One, WonderWhite
- Choose refined cereals e.g. CornFlakes, Rice Bubbles
- Remove stalks, stems, pips, seeds and skins from fruit and vegetables
- Cook fruit and vegetables where possible
- Avoid foods that are naturally stringy (e.g. pineapple) or have outer shells/casings (e.g. corn, peas)
- Avoid dried fruits, nuts & seeds
- Avoid legumes and pulses e.g. lentils, chickpeas, baked beans, red kidney beans
- Strain fruit and vegetable juices and soups or choose "pulp free" varieties
- Check the label on commercially prepared foods. Aim for foods which have 2g or less of fibre per serve
- Chew your food well and eat slowly