

*Better
Together*

Patient information

Guidelines for choosing a Low Fibre Diet during Biofeedback Treatment

Surgical Division Royal Liverpool Hospital and
Broadgreen Hospital

PIF 1138 V2

During biofeedback treatment, you should have a low fibre diet to help reduce wind and bloating. Please use the following guidelines.

Choose foods low in fibre	Avoid foods high in fibre
Bread, other cereals and potatoes:	
<ul style="list-style-type: none"> ● White bread, white Chapatti, white pitta ● White pasta ● White rice ● Refined cereals e.g. Rice Krispies, Cornflakes ● Cream crackers, rice cakes ● Boiled, mashed or roast potatoes (no skin) ● Yams, sweet potato (no skins). 	<ul style="list-style-type: none"> ● Wholemeal/granary bread, added fibre white bread, brown chapatti, wholemeal pitta ● Wholegrain pasta ● Brown rice ● Wholegrain cereals e.g. Bran Flakes, Weetabix, Muesli, porridge ● Rye crispbreads, wholemeal crackers, oatcakes ● Jacket potato skins.
Fruit and vegetables:	
<ul style="list-style-type: none"> ● Fresh, tinned or stewed fruit but remove any skin, pith, pips ● Vegetables but remove any skins, stalks, seeds. 	<ul style="list-style-type: none"> ● Dried fruit ● Sweetcorn.
Pulses and nuts:	
<ul style="list-style-type: none"> ● None, unless you are a vegetarian, in which case you may take a small portion of lentils, humous or mushy peas. 	<ul style="list-style-type: none"> ● Beans including baked beans, chick peas, peas, lentils unless vegetarian ● All nuts and seeds.

Choose foods low in fibre	Avoid foods high in fibre
Meat, Fish and Eggs	
<ul style="list-style-type: none"> ● Meat, poultry ● Fish ● Eggs. 	<ul style="list-style-type: none"> ● Avoid skin, gristle, bone and any dishes containing pulses e.g. chilli con carne.
Milk and dairy products:	
<ul style="list-style-type: none"> ● Milk, cream ● Plain or fruit yogurts ● Cheese. 	<ul style="list-style-type: none"> ● Yogurts containing nuts or cereals.
Miscellaneous:	
<ul style="list-style-type: none"> ● Butter, margarine, oil ● Plain biscuits e.g. Rich Tea, Morning Coffee ● Cakes, puddings and pastries made with white flour ● Jelly, ice-cream, milk puddings, custard, sorbet ● Honey, sugar, syrup, 'jelly' type jams, fine-cut marmalade ● Tomato ketchup, brown sauce, mayonnaise ● Salt, pepper, herbs, spices ● Boiled sweets, chocolate, toffee or fudge without dried fruit or nuts ● Tea, coffee, fruit squash, fizzy drinks, chocolate or malted malt drinks, Bovril, marmite. 	<ul style="list-style-type: none"> ● Wholemeal biscuits e.g. Digestives ● Biscuits containing dried fruit or nuts e.g. Garibaldi, Fig Rolls ● Cakes, puddings and pastries made with wholemeal flour, dried fruit or nuts ● Flapjacks, cake, biscuits or puddings made with oats ● Jams with seeds or skin, thick cut/chunky marmalade, sweet mincemeat ● Pickles or chutneys ● Sweets and chocolate with fruit or nuts, Muesli bars.

Take a varied and balanced diet for good health. If you have any queries, please discuss these with your Biofeedback Nurse who can refer you to a dietitian for further advice.

Further information

Colorectal Lifestyle Nurse
Royal Liverpool University Hospital
Tel: 0151 706 3456

Author: Colorectal Lifestyle Nurse (reproduced with permission of St Mark's Hospital)
Review date: January 2011

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل النماذج المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف المطبوعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون إلكترونيًا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط تیم‌های ما را به بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

ز انباری پیوندیدار به نام خوشه‌های لایه‌ای تراستاده پاساند کراون، نگار داوا بکرت له فورمانگانی تردا بریتی له زمانگانی تر، نیز ری (هاسان خوینداده)، چاپی گه‌ره، شریتی دنگ، هلی موون و نعلیکتر نیکی هه.

所有經信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和电子格式，敬請索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la'a, Moon iyo nidaam eletaroonig ah.