



Liverpool University Hospitals

NHS Foundation Trust

Healthy Bowel Clinic

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

potatoes (no

skin)-Yams,

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

Guidelines for a

low fibre diet

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)
Bread, other cereals and potatoes	-White bread, white chapatti, pitta -White pasta -White rice -Refined cereals e.g. Rice Krispies, Cornflakes -Cream crackers, rice cakes -Boiled mashed or roast	Wholegrain/granary bread, added fibre white bread, brown chapatti, wholemeal pitta -Wholemeal pasta -Brown rice -Wholegrain cereals e.g Banflakes, Weetabix, Muesli, porridge -Rye crispbreads, wholemeal crackers, oatcakes -Jacket potato skins

	sweet		
Fruit and vegetables	-Fresh, tinned or stewed fruit but remove any skin, pith & pips -Fruit juice without pulp -Vegetables but remove any skins, stalks or seeds	-Dried fruit -Sweetcorn -Avoid fruits with seeds, skins or membranes such as berries	
Pulses and nuts	Avoid this food group unless you are vegetarian, in which case consume small portions of humus or mushy peas	-Dried beans, peas, lentils, chickpeas, baked beans -All nuts and seeds as well as foods containing them	
Meat, fish and eggs	-Meat* -Poultry* -Fish -Eggs (*ensure these are well cooked, tender meat will be easier to digest. Try simmering, poaching, stewing, steaming and braising.	-Avoid skin, gristle, bone and dishes containing pulses e.g. chilli con carne	

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	Avoid grilling or roasting)		
Food Group	Food choices low in fibre (consider increasing these)	Food choices high in fibre (consider reducing these	
Milk and dairy products	-Milk, cream -Plain or fruit yoghurt -Cheese	-Yoghurts with added nuts, cereals or fibre	
Miscellaneous	-Butter, margarine, oil -Plain biscuits e.g. rich tea -Cakes puddings and pastries 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, squash, fizzy drinks, chocolate or malted milk drinks, Bovril, Marmite	-Wholemeal biscuits e.g. digestives -Biscuits containing dried fruit or nuts e.g. Garibaldi, Fig rolls -Cakes, puddings and pastries made from 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 -Sweets and chocolate with dried fruit or nuts, muesli bars	

Ensure you take a varied and balanced diet for good health. To avoid constipation, you may need to increase your fluid/water intake.

Your healthy bowel clinician may have individual advice for you or additional information for you to try. They will write them here if appropriate.

For further	help/in	formation	contact
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If you have any further questions or concerns that this leaflet has not been able to answer please contact your physiotherapist or telephone below:

Healthy Bowel Clinic 3rd Floor Endoscopy Department Elective Care Centre Telephone (0151) 529 0422

Your clinician is







If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation @aintree.nhs.uk

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