

Low Fat, Low Fibre Food Reintroduction Diet



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Why do I need to follow a reintroduction diet?

Food reintroduction diets are designed to slowly add foods back into the diet following a period of liquid diet as a treatment of your Crohn's disease. Reintroduction diets can help your gut to get used to solid food again.

Gradual food reintroduction may also help to keep your Crohn's disease in remission (this means that you can feel well for longer) and reduce the risk of relapse (when your Crohn's symptoms flare up again). You should follow the reintroduction diet for a period of 3 weeks.

Why do I need to limit how much fibre I eat?

Fibre is the indigestible part of your food, which means that it is hard for your gut to break down. This means it is important to avoid fibre in your diet at first, until your gut is used to normal food again. You can then gradually increase the amount of fibre you eat if you feel well.

If you have strictures (or narrowing) in your bowel, it may be necessary to avoid fibre long-term. Your Dietitian will be able to advise you on this.

Why do I need to limit how much fat I eat?

High amounts of fat may be involved in causing inflammation in your gut. Fat is however an important source of calories, especially if you are underweight and you should not avoid it all together, just choose lower fat foods.

The amount of fat that you eat can usually be increased if it does not cause you any symptoms. It is important to remember that you should still eat a healthy diet.

When can I eat my normal diet again?

We ask you to follow the reintroduction diet for a 3 week period. After this time, you can continue to gradually increase the variety of foods you eat until your diet returns to normal.

Some people have foods which they know cause them to have gut symptoms; if this is the case you should discuss this with your Dietitian and continue to avoid these if it is safe to do so.

In certain circumstances, your Dietitian may advise you to limit some foods longer term. You can discuss this with your Dietitian as needed.

How should I reintroduce food?

1. Start with small, plain meals. Choose foods from the 'Suitable Foods' list in the table below. Increase the size of your meals gradually over the 3 week period
2. Snack between meals if you need to gain weight
3. Make sure that you include some of the suitable fruit and vegetables suggested so that you are having enough vitamins and minerals
4. Follow the reintroduction diet for a period of 3 weeks. After this time, if you feel well, then you can gradually return to your normal diet

Do I still use my nutritional supplement drinks?

Continuing to take some of your supplement drinks as you reintroduce food may help to prolong your remission (the length of time that you feel well).

You may also find that it takes a little while for your appetite to return to normal after the liquid diet. Continuing to take your nutritional supplements will help to maintain your weight.

Your Dietitian will advise you on how many supplement drinks to have over the next 3 weeks.

If you are underweight, it may be necessary to continue your nutritional supplements longer term. Your Dietitian will advise you on this.

Nutritional supplements required: _____

Which foods should I include in my reintroduction diet?

Foods	Suitable foods ✓	Foods to avoid *
Bread products	White bread or rolls, pitta bread, plain crackers, crumpets, plain naan bread, rice cakes, pancakes, muffins.	Wholemeal bread, bread with added seeds, grain or bran. Currant loaf or hot cross buns, malt loaf
Cereal products	Cornflakes, puffed rice, sugar puffs, coco pops or frosted flakes	Wholegrain cereals e.g. branflakes, wheat biscuits and shredded wheat, malted wheats, porridge or other oat based cereal. Nutty cereals or those with dried fruit e.g. nut cornflakes, muesli, granola

Pasta and rice	White rice, white pasta (fresh, dried or tinned), rice pasta or noodles, cous cous and egg/rice noodles	Brown rice and pasta, savoury rice
Biscuits and cakes	White flour biscuits e.g. rice tea, malted milk, shortbread, custard creams or bourbons. Plain sponge cakes e.g. Madeira cake, chocolate sponge or Swiss roll.	Pastry products e.g. sausage rolls, pasties or sweet pies and crumbles. Biscuits or cakes with added fruit e.g. fig rolls, fruit shortbreads
Potato products	Boiled, mashed or jacket potato (without skin), oven chips, small portion roast potatoes and small bag crisps	Jacket potato with skin, new potatoes with skin, potato wedges and fried or 'chip shop' chips
Vegetables and salad	Carrots, parsnip, turnip, butternut squash (no skin), cauliflower florets, broccoli florets, tinned or puree tomato with no skins or pips	Raw vegetables including salad items Peas, beans (including baked beans), lentils, sweetcorn, onion, celery and avocado.
Fruit	Fresh fruit juice (without bits), cordial or fruit squash, melon, tinned peaches, nectarines, apricots, pears, apples, mango and tinned mandarin segments	All skins, seeds, pips and seeds e.g. oranges, grapes. Bananas, all dried fruit, all berries including blueberries, strawberries, raspberries and blackcurrants. Smoothies or fruit juice without bits.
Meat, fish and alternatives	Lean meat e.g. pork, trimmed bacon and beef, lean mince. All fresh, frozen and tinned fish. Chicken or turkey (remove the skin). Tofu and Quorn. Boiled, poached and scrambled eggs	Tough stewing meats, fatty meats, sausages and burgers, pate and meat pies, battered fish or scampi and fried eggs
Dairy foods	Yoghurts without fruit, cow's milk or soya milk, dried milk powder and tinned milk. Cream cheese and a small amount of hard cheese e.g. in a sandwich	Yoghurt with fruit, seeds or nuts
Puddings	Milk puddings, sago, tapioca, custard, ice cream, mousse or sorbet	Puddings containing fruit or nuts, stewed fruit
Fats and oils	Small amounts of margarine or butter, sunflower, olive or rapeseed oil (approximately ½ tablespoon)	Blended vegetable oil

Miscellaneous	Tea, coffee, herbal or fruit teas, , herbs and spices, low fat salad creams and dressings, gravy granules, vinegar, soy sauce, smooth peanut butter, honey, seedless jam, marmalade, chocolate	Seeded jam and marmalade, chocolate with fruit or nuts, peanut butter, hazelnut chocolate spread. Gravy made with meat juices. Nuts and seeds
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What if my symptoms come back when I am following the diet?

This does not usually happen but if your symptoms do come back during the food reintroduction, please contact your Dietitian.

Make sure you keep a Food and Symptom diary to help us to work out which food(s) might be causing your symptoms.

What shall I do if I am losing weight?

If you find that you are losing weight at any time during the reintroduction diet, contact your Dietitian. They will advise on changes to your diet and may suggest that you use nutritional supplements drinks alongside the diet.

What might a typical daily menu be like while I am following the reintroduction diet?

Below are some examples of what a typical day's meals might be like during your food reintroduction. Remember that this is only for around 3 weeks. If you are struggling to find foods to eat, contact your Dietitian.

Remember that you should continue to take your nutritional supplement drinks as advised by your Dietitian during the reintroduction period.

Breakfast ideas:

Puffed rice or cornflakes with semi skimmed milk
Plain yoghurt with stewed apple or tinned peaches
Smooth fruit juice
White toast thinly spread with butter

Lunch ideas:

White bread sandwich with lean meat or tuna and low fat mayonnaise
Jacket potato (no skin) with a small amount of grated cheese, tuna or cottage cheese
Plain yoghurt
Piece of fruit e.g. peeled apple, pear, mango, tinned peaches or nectarines
Soup made with suitable vegetables e.g. carrot, butternut squash or parsnip
Poached or scrambled eggs on white toast

Evening meal ideas:

Baked, boiled, mashed or 2 – 3 roasted potatoes or sweet potato with suitable meats or fish
Low fat oven chips with lean meat or fish, served with broccoli, carrot and turnip or butternut squash

White rice with lean meat or fish and cooked vegetables
Omelette with ham and small amount of grated cheese

Dessert ideas:

Piece of peeled fruit e.g. pear, peach or nectarine or fruit salad
Soya yoghurt or dessert
Jelly and fruit with soya yoghurt
Stewed fruit and yoghurt e.g. pears, rhubarb or plums (remember to remove the skins)
Rice pudding made with low fat coconut milk and pudding rice

Snack ideas:

Small bag of potato crisps
Rice cakes spread with jam or honey
Plain yoghurt or custard pot
Smoothies made semi skimmed milk and yoghurt and suitable fruits e.g. tinned peaches
Plain cake or biscuits
Crumpets
Crackers with small amount low fat spread and/or cheese

Who will monitor me whilst I'm on the diet?

You can contact your IBD Dietitian _____ during the hours 8am-4pm Monday to Friday on 0151 529 3473.

You will also be followed up in outpatient clinic.

Where can I find out more information about Crohns Disease?

You can find some useful information on Crohns Disease from Crohns and Colitis UK:

Crohns and Colitis UK

Telephone: 0845 130 2233

Email: <http://www.crohnsandcolitis.org.uk/>



If you require a special edition of this leaflet

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