

Low Fibre Diet

This fact sheet provides you with information for following a low fibre diet prior to your surgical procedure. Following this diet will reduce the amount of fibre in your bowel and can reduce the risk of bowel injury. **You should only follow this diet for the 3 DAYS PRIOR to your procedure.**

Breads, cereals, rice, pasta, noodles

Foods to choose	Foods to avoid
- White bread, crumpets, scones, English muffins. - Refined breakfast cereals e.g. <i>Rice Bubbles</i>, <i>Cornflakes</i>. - White rice, pasta, sago, tapioca, semolina. - White flour, cornflour. - Plain sweet (e.g. milk arrowroot) and savoury (e.g. Jatz) biscuits / muffins / cakes. - Tinned spaghetti	- Wholemeal/wholegrain bread, fruit bread, rye bread. - Wholegrain breakfast cereals or any with dried fruit, nuts or coconut (e.g. Muesli, All-Bran, Weetbix). - Oats (porridge), oat bran - Quinoa, buckwheat, barley - Muesli bars. - Brown rice, wild rice, wholemeal pasta, lentil/pulse pasta. - Wholemeal flour, wheat germ - Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut.

Dairy and milk alternatives

Foods to choose	Foods to avoid
- All varieties of milk - Plain yoghurt, custard, plain cheese, ice cream - Flavoured milk	Any dairy food containing dried fruit, nuts, fruit pieces or coconut.

Vegetables

Foods to choose	Foods to avoid
Ensure vegetables are <u>peeled and well-cooked</u> where able: - Potato, sweet potato, pumpkin, carrot, zucchini. - Cauliflower and broccoli florets - Asparagus tips, mushrooms - Tomato tinned / puree / paste - Shredded lettuce - Tomato and cucumber with seeds and skin removed.	All other vegetables

Meat, fish, chicken, eggs, nuts, legumes/lentils, meat alternatives

Foods to choose	Foods to avoid
- Any tender, soft meat, chicken (no skin) and fish. - Tofu and soy products - Eggs	- Legumes (e.g. baked beans, lentils, soy beans, kidney beans) - Nuts and seeds - Nut and seed butters (e.g. peanut butter, tahini).

Drinks

Drinks to choose	Drinks to avoid
- Water - Milk / flavoured milk - Strained Fruit Juice - Cordial - Tea / coffee - Soft drink	- Prune Juice - Juices with pulp

Fats and Oils

Foods to choose	Foods to avoid
All fats including butter, margarine, oils.	None restricted

Miscellaneous flavourings, sweets & snacks

Foods to choose	Foods to avoid
- Sugar, honey, syrups - Jam without seeds/skin - Boiled lollies, soft lollies - Plain chocolate - Soup made from allowed ingredients. - Plain sauces, gravy, salt, pepper, dried herbs and spices - Pretzels, potato chips - Plain cakes / scones / donuts / sweet biscuits / muffins - Ice blocks	- Jam with seeds/skin, marmalade - Popcorn, corn chips - Coconut - Chocolate with nuts and fruit - Cakes/biscuits/muffins with dried fruit/nuts/seeds/coconut - Chutney and pickles - Any fibre supplements (e.g. Metamucil, psyllium husks, wheat germ)

Sample meal and snack ideas

BREAKFAST

- Rice bubbles with milk
- White toast / crumpets with topping e.g. margarine / butter / honey / jam / vegemite
- Eggs with white toast / sourdough bread + cheese

LUNCH

- Tender meat / chicken / fish / eggs + allowed vegetables (peeled and well cooked)
- White bread sandwich with filling (e.g. tender meat / chicken / tuna / egg / cheese)
- White bread sandwich with spread (e.g. butter, honey, jam)
- White rice or pasta

DINNER

- Soup (made with allowed vegetables)
- Tender meat / chicken / fish / eggs + allowed vegetables (peeled and well cooked)
- White rice / white pasta

SNACKS

- Allowed fruits
- Yoghurt, custard, cheese
- White crumpets/ pikelets made with white flour
- Boiled egg
- Plain sweet or savoury biscuits (no dried fruit/nuts/seeds/coconut)
- Plain sweet muffin (dried fruit/nuts/seeds/coconut)
- Flavoured milk.