



Patient & Family Guide

2023

Low Fibre, Low Lactose Nutrition Guidelines



www.nshealth.ca

Low Fibre, Low Lactose Nutrition Guidelines

- Eating less fibre and lactose may help with gas, cramping, and diarrhea (loose, watery poop).
- When you feel better, you may be able to have more fibre and lactose. Talk to your primary health care provider (family doctor or nurse practitioner) or dietitian about this.
- Use this pamphlet to help choose foods that are low in fibre and lactose.

**What are your questions?
Please ask. We are here to help you.**

What is fibre?

- Fibre is the part of a plant your body cannot digest. It is found in whole grain bread, cereal products, nuts, seeds, legumes, vegetables, and fruit.
 - › Peeling vegetables and fruit can lower the fibre content. Chopping, cooking, or blending vegetables and fruit does **not** change the amount of fibre.
 - › Animal products (like meat, chicken, fish, eggs, and dairy) do not have any fibre.
 - › Low fibre diets have about 10 to 15 grams (g) of fibre a day. Look for foods with less than 2 g of fibre per serving.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

What is lactose?

- Lactose is a natural sugar found in milk products. Our bodies need an enzyme called lactase to break down lactose. Some people do not make enough lactase and have trouble digesting lactose. This is called “lactose intolerance”. Symptoms of lactose intolerance include bloating, gas, cramping, and diarrhea.
- The amount of lactose changes in different dairy products.
 - › “Lactose-free” means there is not enough lactose to be measured.
 - › “Lactose-reduced” means at least 25% of the lactose in the product has been taken out.

- A product has lactose if any of the following words are in the ingredient list:
 - › Buttermilk
 - › Cheese flavour
 - › Cream
 - › Curds
 - › Malted milk
 - › Milk
 - › Milk solids
 - › Non-fat milk powder
 - › Non-fat milk solids
 - › Sour cream
 - › Whey*
 - › Yogurt

*Whey has different amounts of lactose depending on how it is processed. The more processed it is, the less lactose it will have.

- The following ingredients **do not** have lactose:
 - › Casein
 - › Lactalbumin
 - › Lactate
 - › Lactic acid

Best choices	Avoid
<p>Vegetables and fruit</p> <ul style="list-style-type: none"> • Well-cooked or canned vegetables (except those listed under ‘Avoid’). Good choices include beets, carrots, green and yellow beans, parsnips, pumpkin, squash • Avocados • Canned fruit • Ripe bananas • Pulp-free fruit juice (except prune juice) • Tomato and vegetable juices • Puréed or canned tomatoes, tomato paste or sauce • White and sweet potatoes (without the skin, cooked) 	<ul style="list-style-type: none"> • Raw vegetables, including salads and coleslaw • Sauerkraut • Cooked asparagus, bamboo, beet greens, bok choy, broccoli, celery, corn, fiddleheads, mushrooms, peas, potatoes (with the skin), spinach • Raw fruit (except bananas) • Dried fruit (like currants, dates, figs, raisins, prunes) • Prune juice, or any juice with pulp

Best choices	Avoid
<p>Grain products</p> <ul style="list-style-type: none"> • Plain white or light rye bread, rolls, or bagels • Baked goods made from white flour • Refined, cooked, or dry cereals like: <ul style="list-style-type: none"> › Cheerios™ › Corn flakes › Cream of Wheat® › Quick-cooking oatmeal › Puffed rice › Rice Krispies® › Kellogg's® Special K® • Pasta made from white flour • White rice 	<ul style="list-style-type: none"> • Whole wheat, multigrain, or dark rye bread, rolls, or bagels • Baked goods made with whole grain flour • Cereals with more than 2 grams of fibre per serving (check the label), like: <ul style="list-style-type: none"> › All-Bran® › All-Bran Buds® › All-Bran® Flakes › Raisin bran › Red River® Hot Cereal › Shredded wheat • Bread and cereals with nuts, seeds, or dried fruit • Pasta made from whole grain flour • Brown rice • Barley • Bulgur wheat • Fibre-enriched white grain products (like “smart” breads and pasta)

Best choices	Avoid
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Lactose-free milk and yogurt • Plant-based drinks (like almond, coconut, oat rice, or soy) • Kefir or yogurt with live bacterial cultures • Lactose-free cheese • Small amounts of hard cheese (like cheddar, Swiss, Parmesan) • Cottage cheese • Soy-based products 	<ul style="list-style-type: none"> • Regular milk • Raw (unpasteurized) milk • Evaporated and sweetened condensed milk • Custard, pudding • Ice cream, ice milk, frozen yogurt • Sour cream • Skim milk powder • Pudding, ice cream, or cream soups (unless made with lactose-free milk or eaten with Lactaid® Lactase Enzyme Supplements*)

*Lactase enzyme supplements can be found at most drugstores and grocery stores. For best results, follow the instructions on the package or ask your pharmacist for advice.

Best choices	Avoid
<p>Meat and alternatives</p> <ul style="list-style-type: none"> • All meat, fish, poultry (chicken, turkey, duck) • Eggs • Smooth peanut butter • Tofu 	<ul style="list-style-type: none"> • Dried peas, beans, and lentils • Nuts and seeds • Chunky peanut butter
<p>Other</p> <ul style="list-style-type: none"> • Jellies • Smooth condiments with no chunks (like ketchup, mayonnaise, mustard) 	<ul style="list-style-type: none"> • Jams and marmalades • Pickles • Popcorn • Coconut

Spicy, fried, and gas-forming foods may also make you uncomfortable. These include:

- › Bell peppers
- › Brussels sprouts
- › Cabbage
- › Cauliflower
- › Pulses (legumes, peas, beans, and lentils)
- › Onions
- › Turnips

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Nutrition and Food Services

Illustration by: Understanding Food Labels in Canada, Dietitians of Canada, 2019.

www.unlockfood.ca/en/Articles/Nutrition-Labeling/Understanding-Food-Labels-in-Canada.aspx

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

LC85-0561 © January 2023 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.