



Patient & Family Guide
2015

Low Fibre Diet



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Low Fibre Diet

Fibre is the part of a plant that your body cannot digest. It is found in whole grain bread and cereal products, nuts, seeds, legumes, fruits and vegetables.

By choosing a low fibre diet, you will have smaller and fewer bowel movements. Read the **Nutrition Facts** table on food labels to help you choose low fibre foods.

Best choices	Avoid
<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> • Well-cooked vegetables except those listed under “Avoid” • Canned fruit • Ripe banana • Pulp-free fruit juices • Tomato and vegetable juices • Cooked white and sweet potatoes without the skin 	<ul style="list-style-type: none"> • Raw vegetables, sauerkraut • Cooked broccoli, corn, peas, potatoes with skin, spinach • Raw fruit (except banana) • Dried fruit, such as currants, dates, figs, raisins and prunes • Any juice containing pulp
<p>Grain Products</p> <ul style="list-style-type: none"> • Plain white and light rye bread, rolls and bagels • Baked goods made with white flour • Refined, cooked or dry cereals, such as: <ul style="list-style-type: none"> › Cream of Wheat® › Quick cooking oatmeal › Cornflakes® › Puffed rice 	<ul style="list-style-type: none"> • Whole wheat, multi-grain or dark rye bread, rolls and bagels • Baked goods made with whole grain flour • All cereals with more than 2 grams of fibre per serving, such as: <ul style="list-style-type: none"> › All Bran® › Bran Buds® › Raisin Bran® › Bran Flakes®

Best choices	Avoid
<p>Grain Products cont'd</p> <ul style="list-style-type: none"> › Cheerios® › Special K® › Rice Krispies® <ul style="list-style-type: none"> • Pasta made from white flour • White rice 	<ul style="list-style-type: none"> › Red River® › Shredded Wheat® <ul style="list-style-type: none"> • Pasta made from whole grain flour • Brown rice • Wild rice • Barley • Bulgur • Quinoa • Fibre-enriched white grain products, such as “Smart” pastas and breads
<p>Milk and Alternatives</p> <ul style="list-style-type: none"> • All milk and milk products, except those listed under “Avoid” 	<ul style="list-style-type: none"> • Yogurt or cheese containing nuts or seeds
<p>Meat and Alternatives</p> <ul style="list-style-type: none"> • All meat, fish, poultry • 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 	<ul style="list-style-type: none"> • Jams and marmalades • Pickles • Popcorn • Coconut

Spicy, fried, and gas-forming foods may also cause you discomfort. Gas-forming foods include: Brussels sprouts, cabbage, cauliflower, green peppers, onions, and turnips.

Notes:

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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