

Low Fibre, Low Lactose Nutrition Guidelines

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Low Fibre, Low Lactose Nutrition Guidelines

- Your health care team may ask you to follow low fibre, low lactose nutrition guidelines if you have:
 - › Symptoms like abdominal (stomach) pain, cramping, gas, and/or diarrhea (loose, watery poop)
 - › Digestive tract surgery
 - › A bowel obstruction (blockage)
 - › A flare-up from a gut-related health condition, like:
 - › Inflammatory bowel disease (IBD) (Crohn's disease or ulcerative colitis)
 - › Diverticulitis or diverticular disease
- Eating less fibre and lactose can help to:
 - › Calm an irritated gut
 - › Make your symptoms better
 - › Help you poop less often, to give your digestive tract a chance to rest and heal
- Depending on your health condition, you may be able to have more fibre and lactose once you are feeling better. Talk to your primary health care provider (family doctor or nurse practitioner) or dietitian about this.
- This pamphlet can help you choose foods that are low in fibre and lactose.

What is fibre?

- Fibre is the part of a plant that your body cannot digest (break down). It is found in:
 - › Grains
 - › Nuts
 - › Seeds
 - › Legumes (beans, split peas, and lentils)
 - › Vegetables
 - › Fruits
- Fibre helps to:
 - › Add bulk to your poop and help it move through your digestive tract. It makes hard poop softer and easier to pass, and loose poop hold together better.

- Eating too much fibre can make your poop bigger, which causes your digestive tract to work harder. This can lead to gut symptoms like gas, bloating, and cramping.
- Peeling vegetables and fruits can lower the amount of fibre. 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.
- Following low fibre nutrition guidelines means eating about **10 to 15 grams (g)** of fibre a day. **Look for foods with less than 2 g of fibre a serving.**

How do I know how much fibre is in a food?

- Read **Nutrition Facts tables** on packaged and prepared foods to check how much fibre is in each serving.
- Look in the “Carbohydrates / Glucides” section for “Fibre / Fibres”. This tells you how many grams of fibre are in a serving.
- **Remember:** Serving size is not always the same as how much you actually eat. For example:
 - › If you are going to eat **half** of the serving, **divide** the amount of fibre by 2.
 - › If you are going to eat **double** the serving, **multiply** the amount of fibre by 2.
- For example, if the serving size is for 1 ¼ cups, and you eat 2 ½ cups, remember the amounts listed on the Nutrition Facts need to be doubled (twice the amount).

Choose foods that have **2 grams or less of fibre** in the amount you will eat.

Example:

- ½ cup (1 serving) = 2 g of fibre
 - › This is a good choice because it has 2 grams or less of fibre in a serving.
 - › **Note:** If you eat 1 cup of this food, you will be eating 2 servings.
 - › 2 g x 2 g = 4 g of fibre
 - › This is **not** a good choice because you would be eating more than 2 grams of fibre.

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (30 g) pour 1/2 tasse (30 g)	
Calories 130	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 90 mg	4 %
Potassium 40 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.75 mg	4 %
*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 dairy (milk) products. Our bodies need an enzyme called **lactase** to digest lactose.
- Some people have trouble digesting lactose because their bodies do not make enough lactase. This is called **lactose intolerance**.
- Symptoms of lactose intolerance include:
 - › Bloating
 - › Gas
 - › Cramping
 - › Nausea (upset stomach)
 - › Diarrhea
- The amount of lactose is different in each product.
 - › **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
 - › Cheese*
 - › Cream (including whipping cream, ice cream, sour cream, and half and half)
 - › Curds
 - › Malted milk
 - › Milk, chocolate milk
 - › Milk solids
 - › Non-fat milk powder
 - › Non-fat milk solids
 - › Sour cream
 - › Whey*
 - › Yogurt

*Cheese has different amounts of lactose depending on the type. Hard and aged cheeses (like cheddar, parmesan, Swiss, gouda) have very low amounts of lactose. Soft, fresh, and processed cheeses (like ricotta, cream cheese, cottage cheese, fresh mozzarella, mascarpone) have higher amounts of lactose.

*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
- Lactase enzyme supplements can help to lower the lactose content of food by breaking down lactose into 2 smaller forms of sugar that are easier to digest (glucose and galactose).
 - › You can buy lactase enzyme supplements in liquid and tablet forms at your local drugstore or grocery store. You do not need a prescription.
 - › Taking this supplement before eating foods that contain lactose can help to lower their lactose content. Follow the instructions on the package or talk with your pharmacist.

Choosing low fibre, low lactose foods

Vegetables and fruits

- Limit vegetables and fruits to 2, ½ cup (125 ml) servings a day.
- To help lower fibre, remove skins, seeds, woody stems, stringy parts, and membranes.
- If raw vegetables and fruits cause you discomfort, eat canned or well-cooked vegetables and fruits.

Grain products

- Eat white breads, baked goods, pasta, noodles, and rice instead of whole grain, multigrain, or whole wheat.
- Cook hot cereals, grains, noodles, and rice until they are soft all the way through.

Milk and alternatives

- Limit the amount of milk and milk products you drink and eat.
- Drink or eat small amounts of milk or milk products throughout the day instead of larger amounts all at once.
 - › For example, you may be able to drink 1 cup of cow's milk a day, but no more than ½ cup at a time, without having symptoms.
- If you are not sure if a milk product causes symptoms, try a small amount and wait to see how you feel before you drink or eat more.
- Try yogurt, cheese, and cream (like sour cream, half and half, whipping cream, ice cream) before milk. They have less lactose than milk and you may be able to tolerate them better.
- If you want to drink or eat foods with lactose, try taking lactase enzyme supplements (see page 4).

Meat and alternatives

- Meat, fish, poultry, and eggs **do not** contain fiber or lactose.

Best choices	Foods to avoid
Vegetables and fruits • Well-cooked or canned vegetables with seeds, pods, skins, and peels removed (except those listed under “Foods to avoid”) › Good choices include beets, peeled carrots, green and yellow beans, pumpkin, squash, and turnips • Canned fruits with no skins or seeds, including applesauces • Ripe bananas • Ripe, soft, raw fruits with no skins or seeds (or with skins and seeds removed), like melons, pears (avoid Asian pears), plums, peaches, and nectarines • Pulp-free fruit juice (except prune juice) • Tomato and vegetable juices • Pureed or canned tomatoes, tomato paste or sauce • White and sweet potatoes (with skins removed, cooked)	• Raw vegetables, including salad greens (like kale, radicchio, lettuce) and coleslaw (cabbage) • Sauerkraut • Raw and cooked vegetables, including artichokes, asparagus, bamboo shoots, beet greens, bell peppers, Brussels sprouts, bok choy, broccoli, celery, collard greens, corn, fennel, fiddleheads, mushrooms, parsnips, peas (green, snap, and snow peas, pea shoots), sprouts (alfalfa, bean), parsnips, potatoes (with the skins), spinach, Swiss chard, and water chestnuts • Raw fruits, including Asian pears, avocados, berries, cherries, coconut, kiwis, mangos, passion fruit, persimmons, pineapples, pomegranates, and rhubarb • Dried fruits (like currants, dates, figs, raisins, prunes) • Prune juice and any juice with pulp

Best choices	Foods to avoid
Grain products • Plain white (60% or less whole wheat), white sourdough, or light rye breads, rolls, buns, tortillas, or bagels • Baked goods (like crackers, pancakes, waffles, muffins, cookies) made from white, refined, or all-purpose flour • Refined, cooked, or dry cereals or granola bars with less than 2 g of fibre a serving, like: › Cheerios™ › Corn flakes › Cream of Wheat® (limit to ½ cup) › Quick-cooking oatmeal (limit to ½ cup) › Puffed rice › Rice Krispies › Kellogg's® Special K® • Pasta made from white flour, couscous • Noodles, including chow mein, egg, fresh, rice, soba, and white • White rice (all kinds)	• Whole wheat or whole grain (60% or more), multigrain, pumpernickel, or dark rye breads, rolls, buns, tortillas, or bagels • Baked goods (like crackers, pancakes, waffles, muffins, cookies, tortilla chips) made with whole grain flour, corn, or cornmeal • Breads and baked goods made with nuts, seeds, coconut, and/or dried fruits • Cereals, granola, and granola bars with more than 2 g of fibre per serving, like: › All-Bran® › All-Bran Buds® › All-Bran Flakes® › Raisin bran › Red River® Hot Cereal › Shredded Wheat® › Steel cut oats › Kashi® cereals, granola, and granola bars › Mini-wheats® › Shreddies® › Harvest crunch® • Cereals, granola, and granola bars with nuts, seeds, coconut, and/or dried fruits • Pasta made from whole wheat, whole grains, or legumes (like black beans, chickpeas, lentils) • Brown or wild rice • Grains, including barley, bulgur wheat, buckwheat, farro, millet, quinoa, spelt, and triticale • Fibre-enriched white grain products (like “smart” breads and pastas) • Wheat and oat bran

Best choices	Foods to avoid
Milk and alternatives • Lactose-free milk (like Lactaid®, Lacteeze®), chocolate milk, cream, whipped cream › Check the label for “lactose-free” • Plant-based milk alternatives (like almond, coconut, oat, rice, soy) and dairy-free products made with milk alternatives • Kefir, yogurt with live bacterial cultures, lactose-free yogurt, drinkable yogurt. › Check the label for “lactose-free”. Many brands have lactose-free options, including Activia®, Oikos®, Liberté, PC®, Our Finest™, Iögo®, Astro®, and Olympic • Lactose-free cheese (like cream cheese, cheese strings, pizza mozzarella, marble slices, brie) › Check the label for “lactose-free” • Small amounts of hard cheese (like cheddar, Swiss, Parmesan) These naturally have low amounts of lactose, so they may not say “lactose-free” on the label • Lactose-free cottage cheese and sour cream (like Nordica®, PC®, Gay Lea®, Selection) › Check the label for “lactose-free” • Dairy-free ice cream, sorbet, sherbet, freeze pops, and Popsicles • Lactose-free nutrition supplements (like Ensure®, Resource® 2.0, Boost®)	(Unless you take a lactase enzyme supplement, see page 4) • Regular milk, cream, coffee creamers, whipped cream (including Cool Whip®) • Raw (unpasteurized) milk • Evaporated, sweetened condensed milk • Custards, puddings • Ice cream, ice milk, frozen yogurt • Sour cream • Cottage cheese • Skim milk powder • Cream soups • Read food labels carefully. Check the ingredient list for ingredients that have lactose, like: › Milk › Milk solids › Whey › Curds › Cheese flavour › Milk powder (including skim and non-fat) › Milk solids (including skim and non-fat) › Sweet or sour cream › Buttermilk › Malted milk

Best choices	Foods to avoid
Meat and alternatives • Meat, poultry, and wild game (including chicken, turkey, duck, beef, pork, veal, lamb) • Fish, seafood, shellfish • Lactose-free dairy products (like milk, cheese, yogurt, ice cream, puddings, custards) • Dairy-free milk alternatives • Edamame (¼ cup serving or less) • Eggs • Smooth nut and seed butters (like peanut, sunflower, almond) (2 Tbsp serving or less) • Well-blended store-bought hummus (2 Tbsp serving or less) • Tofu	• Deli meat (like salami), meat with casings (like sausages, hot dogs) › You can eat these if the casings are removed • Whole cooked or canned legumes (like split peas, beans, lentils) • Whole nuts and seeds, including trail mix (with nuts, seeds, and dried fruits) • Chunky nut and seed butters
Other foods • Jellies • Smooth condiments with no chunks (like ketchup, mayonnaise, mustard, BBQ sauce, vinegar) • Seedless salad dressings • Butter, margarine, and oils (like olive, canola, avocado)	• Jams and marmalades with seeds or skins • Pickles, relish, chutney • Olives • Popcorn • Poppyseed salad dressing • Candies, chocolate, and other sweets with dried fruits or nuts • Chili sauce or oil with chili pepper skins, flakes, or seeds

Helpful tips

- Limit or avoid spicy, fried, and gas-forming foods that cause symptoms, even if they are low in fibre and lactose. These include:
 - › Bell peppers
 - › Brussels sprouts
 - › Cabbage
 - › Cauliflower
 - › Pulses (legumes, peas, beans, and lentils)
 - › Onions
 - › Turnips
- **Do not** use high fibre foods in soups, smoothies, or other recipes. Blending or pureeing a food does not lower the amount of fibre in it.
- Drink 9 to 12 cups (2.2 to 3 L) of liquids a day, unless your health care team tells you not to. Liquids help to move food and poop through your digestive tract.
- Eat small meals or snacks every 2 to 3 hours, instead of 3 large meals a day.
- Chew food well. Eat slowly.
- Following low fibre nutrition guidelines raises your risk of getting constipated (not being able to poop). To help prevent constipation:
 - › Stay hydrated (have enough fluids).
 - › Keep active. Physical activity, like walking and stretching, may help you poop.
 - › Take a laxative (medication to help you poop) as recommended by your health care team. **Always talk with your health care team before taking any new medication.**
 - › **Do not** take a fibre supplement, like psyllium (Metamucil®), wheat dextrin (Benefiber®), or guar gum (The Right Fibre4® IBS Intestinal Discomfort).
 - › **Talk with your primary health care provider if you have not pooped for more than 3 days.**

You may need to take vitamin and mineral supplements (like calcium, if you do not drink or eat milk products) while following these nutrition guidelines. Talk with your dietitian about how to get enough nutrients through other whole foods or what supplements you may need.

What are your questions?
Please ask a member of your health care team.
We are here to help you.

Questions for my health care team:

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