



Patient & Family Guide

2023

Low Fibre Nutrition Guidelines



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Low Fibre Nutrition Guidelines

- **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 eating plan, you will have smaller and fewer bowel movements (poops).
- Read the **Nutrition Facts** table listed on food labels to help you choose low fibre foods.

| Best choices | Foods to avoid |
|---|---|
| <p>Vegetables and fruit</p> <ul style="list-style-type: none"> • Well-cooked vegetables (½ cup at a time) except those listed under “Foods to avoid” • Canned fruit (except pineapple) • Soft, very ripe, peeled (without the skin) peaches, pears, plums, nectarines, and apricots • Ripe bananas • Puréed fruit | <ul style="list-style-type: none"> • Raw vegetables, sauerkraut • Cooked broccoli, corn, peas, potatoes (with skin), spinach • Raw fruit (except bananas and those listed under Best choices) • Pineapple • Dried fruit (like currants, dates, figs, raisins, and prunes) |

| Best choices | Foods to avoid |
|--|---|
| <p>Vegetables and fruit (continued)</p> <ul style="list-style-type: none"> • Applesauce and applesauce blends • Pulp-free fruit juices • Tomato and vegetable juices • Cooked white and sweet potatoes (without the skin) • Avocado (soft, ripe) | <ul style="list-style-type: none"> • Any juice with pulp |
| <p>Grain products</p> <ul style="list-style-type: none"> • Plain white and light rye bread, rolls, bagels, pancakes, waffles, and crackers • Baked goods made with white flour | <ul style="list-style-type: none"> • Whole wheat, whole grain, multi-grain, or dark rye bread, rolls, and bagels • Baked goods made with whole grain flour, bran, seeds, nuts, coconut, and dried fruit |

| Best choices | Foods to avoid |
|--|---|
| <p>Grain products (continued)</p> <ul style="list-style-type: none"> • Refined, cooked, or dry cereals, like: <ul style="list-style-type: none"> › Cream of Wheat® › Quick cooking oatmeal › Corn flakes › Crispy rice (like Kellogg's® Rice Krispies®) › Puffed rice › Cheerios® › Kellogg's® Special K® • Pasta made from white flour • White rice | <ul style="list-style-type: none"> • All cereals with more than 2 grams of fibre per serving, like: <ul style="list-style-type: none"> › Kellogg's® All-Bran® Original › Kellogg's® All-Bran® Buds › Kellogg's® All-Bran Flakes® › Raisin bran › Red River® › Shredded Wheat™ • Pasta made from whole grain flour or whole grains (like whole wheat pasta, quinoa pasta, and brown rice pasta) • Bran • Brown rice • Wild rice • Barley |

| Best choices | Foods to avoid |
|--|---|
| Grain products (continued) | <ul style="list-style-type: none"> • Bulgur • Quinoa • Fibre-enriched white grain products, like “Smart” pastas and breads |
| Milk and alternatives <ul style="list-style-type: none"> • All milk and milk products, except those listed under “Foods to avoid” | <ul style="list-style-type: none"> • Yogurt or cheese with nuts or seeds |
| Meat and alternatives <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 |
| Other <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
 - › Turnips
- If you are trying to slow down your bowel movements (poops), avoid or drink less prune juice. It is a natural laxative (helps you poop).

What are your questions?

Please ask. We are here to help you.

