

Low Fibre Diet / Clear fluids

Information Sheet

FOOD GROUP	INCLUDE:	AVOID:
Breads, Cereals Rice, Pasta, Noodles	<ul style="list-style-type: none"> • White bread, crumpets, scones, English muffins • Refined breakfast cereals eg. Rice Bubbles™, Cornflakes™, Special K™ • White rice, pasta, sago, tapioca, semolina • White flour, cornflour • Plain sweet and savoury biscuits or cakes 	<ul style="list-style-type: none"> • Wholemeal, wholegrain, fruit and rye breads • Wholegrain breakfast cereals or any with dried fruit, nuts or coconut • Rolled oats, raw oats, oat bran or muesli bars • Brown rice, brown pasta or corn • Wholemeal flour or wheat-germ • Sweet or savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut
Vegetables	<p>Ensure vegetables are <u>peeled</u> and <u>well-cooked</u> :</p> <ul style="list-style-type: none"> • Potato, sweet potato, pumpkin, carrots <p>Suitable vegetable juices:</p> <ul style="list-style-type: none"> • Well strained vegetable juice • Tomato puree or paste 	<ul style="list-style-type: none"> • All raw vegetables • Avoid all other vegetables not listed in foods to include
Fruit	<ul style="list-style-type: none"> • Well-cooked fruit no skins/pips • Canned fruit except pineapple 	<ul style="list-style-type: none"> • Fruit with skin, pips or of a very 'fibrous' texture (eg. Apples, pears, pineapple) • Canned pineapple • Dried Fruit • All other fruit not listed in foods to include.
Dairy Foods	<ul style="list-style-type: none"> • All varieties of milk • Plain yoghurt, custard, vanilla, Fruche™, plain cheese, plain or flavoured ice-cream. 	<ul style="list-style-type: none"> • Ice-cream or gelati containing dried fruit, nuts or coconut • Products containing 'chunky fruit' pieces
Meat, Fish, Poultry, Eggs.	<ul style="list-style-type: none"> • Any tender, soft meat, chicken (no skin) and fish • Tofu • Eggs 	<ul style="list-style-type: none"> • Legumes (eg. Baked beans, lentils, soy beans, kidney beans) • Nuts & seeds
Miscellaneous	<ul style="list-style-type: none"> • All fats including butter, margarine, mayonnaise, oils • Sugar, honey, syrups • Boiled lollies, jubes, chocolate with no fruit, nuts or coconut • Soup made from allowed ingredients, Bonox • Gravy, salt and pepper 	<ul style="list-style-type: none"> • Popcorn • Crunchy peanut butter • Coconut • Chocolate with nuts and fruit • Chutney & pickles

Clear Fluids (Please avoid Red & Purple)

Water, Apple juice, Strained soup, Clear Broth, Black Tea/Coffee, Electrolyte replacement Drinks, Soft Drinks, Ice blocks, Plain Jelly (**No fruit pieces**).

