



Royal Berkshire
NHS Foundation Trust

Low fibre diet

Advice, dietary tips and recipes
for people with a newly formed
ileostomy

General advice after your ileostomy formation:

- Eat little and often, aiming for 3 small meals a day plus snacks.
- Avoid all raw fruits and vegetables for the first 6-8 weeks apart from well-cooked root vegetables, such as carrots, parsnip, swede, potato and sweet potato.
- Try tinned or cooked fruits such as apple or mandarin oranges.
- Take an A-Z multi-vitamin to replace vitamins and minerals.
- Avoid sugar-free drinks containing artificial sweeteners.
- Eat your evening meal slightly earlier and then have a dry snack, such as cheese and biscuits, before bed.
- Include starchy foods at each meal, like white bread, pasta, potato or rice.
- Eat dry snacks to help thicken output or items containing gelatin, such as marshmallows or jelly (or vegetarian alternative).
- Always check the ingredients in ready meals.
- As you recover, increase your fibre intake, trying new foods one at a time to see how they affect your output.
- Ensure that all vegetables are either well cooked until soft; frozen or tinned vegetables are generally softer.
- Eat slowly, chew food really well and enjoy your food.

Top cooking tips

- Add a whole onion during cooking, removing before serving or finely mince and add to the meal. Or use onion powder or paste.
- Meat can be substituted with meat alternatives as long as served with a portion of white carbohydrate.
- Add Marmite, Bovril or Worcestershire sauce for flavour.
- Use garlic or mushroom stock cubes / pastes instead of fresh.
- Add stock pots to add extra flavour while cooking.
- Adapt your own recipes by reducing onion, garlic and spice quantities or swapping vegetables to suit you.

Low fibre food groups

Starchy carbohydrates <ul style="list-style-type: none"> • White bread, crumpets, scones, bagels • Plain cake • Plain biscuits, crackers, rice cakes, • Low fibre cereals – cornflakes, Rice Krispies, Frosties • White rice, pasta & noodles 	Fruit & vegetables <ul style="list-style-type: none"> • Melon • Ripe banana • Tinned mandarins, peaches or grapefruit • Well-cooked apple or pear • Potato or sweet potato (no skins) • Pumpkin, squash, aubergine, courgette • All root vegetables – carrots, swede, parsnips, beetroot
Dairy <ul style="list-style-type: none"> • Milk, cream, butter and cheese • Butter • Cheese • Smooth yogurt • Ice cream • Custard & milk puddings 	Protein <ul style="list-style-type: none"> • All meat • All fish • Eggs • Tofu

Meal ideas

Breakfast ideas <ul style="list-style-type: none"> • Eggs cooked any way, bacon, sausages, hash-browns • Smooth yogurt • White pancakes, crumpets, muffins and bagels, pastries, toast with smooth peanut butter, syrup, honey, and smooth jam or marmalade • Low fibre cereal – Rice Krispies, cornflakes or puffed wheat • Melon 	Lunch ideas <ul style="list-style-type: none"> • White bread sandwiches, bagels, wraps, baguettes or toasties • Skinless jacket potato with fillings • Low fibre vegetable soups, such as carrot and sweet potato, or strained soups • Omelette with cheese or ham or prawns
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<ul style="list-style-type: none"> • Porridge or instant oats • Tinned fruits, such as peaches, pears & mandarins 	<ul style="list-style-type: none"> • Pasta with pesto
Snack ideas <ul style="list-style-type: none"> • Plain biscuits • Crisps, plain crackers or mini cheddars • Ripe banana • Plain cake (no fruit) • Rice cakes • Marshmallows or jelly sweets containing gelatin (or vegetarian alternative) can help thicken output 	Pudding ideas <ul style="list-style-type: none"> • Stewed apple or pear with custard/ice cream • Rice pudding • Smooth yogurt • Plain cake or biscuits

Recipe ideas

Vegetarian and Vegan alternatives can be used for all recipes.

Beef and root vegetable stew:

600g stewing beef

1 clove of crushed garlic

1 tbsp red wine vinegar

3 medium carrots diced

½ swede diced

2 tbsp tomato puree

1 bay leaf

2 beef stock cubes or pots made up to 500mls

1 whole onion or onion paste or an onion stock cube

1 tbsp oil

1 glass of red wine (optional)

Salt and pepper

- Pre heat oven to 140C.
- Heat oil in a large oven proof pan.
- Season beef and brown in pan.
- Add and sauté diced carrots, diced swede, garlic and onion.
- Add all other ingredients and bring to the boil.
- Cover and put in the oven for 2 hours or until thickened.
- Remove onion (if used whole).
- Serve with any potatoes, rice or crusty white bread.

Pasta carbonara:

3 egg yolks

8 tbsp freshly grated parmesan

2 tbsp oil

1 clove of crushed garlic

500g dried spaghetti

*200g smoked pancetta or streaky
bacon in thin strips*

4 tbsp white wine

15g butter

Salt and pepper

- Mix egg and parmesan in a bowl.
- Heat oil in a large frying pan and add garlic. Cook for two mins.
- Add pancetta or bacon and cook until crisp.
- Add wine, simmer for 2 mins, then remove from heat.
- Meanwhile cook the spaghetti in large pot of salted water then drain. Reserve half a cup of the pasta water.
- Add pasta to the pan and toss until well coated.
- Add egg mixture and butter, adding reserved pasta water as needed.
- Serve with extra parmesan and white crusty bread.

Cottage pie:

500g minced beef

2 diced carrots

*1 whole onion or an onion very
finely chopped*

1 clove of garlic pressed

600mls of beef stock

2-3 tbsp tomato puree

1 tbsp marmite

1 tbsp Worchester sauce

Salt and pepper

600g potatoes

600g sweet potatoes

Butter

- Brown mince with a little oil.
- Add the carrots, garlic and whole onion. Cook for 5 mins.
- Add remaining ingredients and cook for 40 mins or until thick.
- Preheat oven to 200C.
- Meanwhile, peel and boil the potatoes and then mash with butter.
- Pour the meat mixture (remove onion if whole) into an ovenproof dish and top with the mashed potato.
- Cook for 30 mins and serve.

Creamy butternut squash pasta:

<i>A small butternut squash peeled and chopped into chunks</i>	<i>200mls vegetable stock</i>
<i>300g pasta shells</i>	<i>4 tbsp double cream</i>
<i>Salt and pepper</i>	<i>1 tsp of smoked paprika</i>
<i>1 clove of garlic or paste</i>	<i>Pinch of nutmeg</i>
	<i>60g red Leicester cheese</i>

- Cook the butternut squash in boiling water for 8 mins until soft.
- Cook pasta in boiling water for 1 min less than packet instructions.
- In a blender, mix the squash, garlic, stock, cream, paprika, nutmeg, and salt and pepper. Blitz into a smooth creamy paste.
- Drain pasta, return to saucepan and stir through the sauce.
- Serve in a bowl and top with grated cheese.

Macaroni cheese:

<i>50 white baguette cut in chunks</i>	<i>1 tsp English mustard powder</i>
<i>2 tbsp butter</i>	<i>3 tbsp plain flour</i>
<i>350g spiral or short pasta</i>	<i>500mls milk</i>
<i>1 clove of garlic or paste</i>	<i>250g vegetarian cheddar</i>

- Preheat oven to 200C. Spread the baguette chunks on baking sheet and drizzle with melted butter and season. Bake for 6 mins until crisp.
- Boil pasta for 2 mins less than stated on the pack, then drain.
- Melt the remaining butter, garlic and English mustard powder in a pan. Cook for 1 min then add the flour. Gradually whisk in the milk until you have a lump free sauce and simmer for 5 mins. Take off the heat and add the cheddar.
- Stir the sauce through the pasta and tip into an ovenproof dish. Scatter over the baguette, add grated cheddar then bake for 20 mins until golden.

If you have any low fibre recipes or cooking tips please share them with our stoma community, enjoy your food and keep cooking!

Managing poor appetite or weight loss

- Eat little and often.
- Aim for 3 meals a day plus 3 snacks or nourishing drinks in between.
- If you cannot eat a full meal, eat a small amount every 2-3 hours, e.g. have 5-6 small meals per day.
- Avoid drinking fluids during meals, as this may make you feel full.

Take nourishing drinks between meals

Try nourishing drinks with extra calories and protein between meals.

Make drinks with whole or fortified milk, e.g. hot chocolate, Ovaltine, Horlicks or other malted drink

Add cream, chocolate or marshmallows for extra calories

Milkshake recipe: <i>250ml whole milk (full fat)</i> <i>3 tbsp milk powder</i> <i>4 tsp milkshake powder</i> <i>such as Nesquik</i> Method: mix all ingredients together and blend until smooth.	Fortified milk recipe: Use as an alternative to your regular milk in your drinks and cereals. <i>1 pint of whole milk</i> <i>4 tbsp of milk powder, e.g. Marvel (skimmed) or Nido (whole milk powder)</i> Method: Mix the milk powder with a small amount of milk then whisk in the rest of the milk; use!
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Fortify or enrich your food:

Add small amounts of high calorie foods to your normal food and drink. This will help boost the nutritional content without increasing the portion size.

Food fortification ideas:

- Add double or single cream to cereal, potato or puddings.
- Add butter, olive oil spread or cheese to potato, pasta, crackers, crumpets, sandwiches, wraps or toast.
- Add full fat mayonnaise to potato or sandwiches.
- Other foods you can add: salad cream, full fat smooth yoghurt, stewed fruit, creamy sauces, chocolate spread, ice cream.

Advice for stoma patients with diabetes

- In diabetes, carbohydrates cause blood glucose to rise.
- Starchy carbohydrates are rice, bread, pasta and cereal.
- Sugary carbohydrates are chocolate, biscuits, sweets and cake.
- Patients with diabetes are usually advised to use more wholegrain / wholemeal carbohydrates that are high in fibre, as they result in less of a rise in your blood glucose.
- The low fibre diet recommends more refined white carbohydrates so you may notice an increase in blood glucose levels.
- To help control your blood glucose levels, aim to have 2-3 portions of starchy carbohydrate at each meal time.

1 carbohydrate portion =

1 medium slice of white bread	3 tbsp of white pasta
1 small white chapatti	2 tbsp white rice
1 crumpet or ½ English muffin	2 small potatoes (100g), ½ a
½ white tortilla wrap	baked potato (70g), 1 tbsp of
½ large white pitta bread	mash (95g), 10 oven chips (50g),
½ white roll	6 potato wedges (50g)
3 tbsp of breakfast cereal	2 small sweet potato (100g)
3 crackers/rice cakes	1 potato waffle or 1 hash brown

If you are losing weight you may need to increase the amount of protein in your meals, fortify your meals or increase the overall portion size of your meal. **If you are still losing weight, please speak to your stoma nurse or doctor as you may need a referral to a dietitian.**

If your blood glucose levels are continuously high, **we recommend that you speak to your doctor or diabetes team.**

Please ask if you need this information in another language or format.

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