



Royal Berkshire
NHS Foundation Trust

Low fibre diet

Information for patients with a
new ileostomy

**This leaflet gives advice, dietary tips and recipes
for people with a newly formed ileostomy**

General advice after your ileostomy formation

- Eat little and often, aiming for three 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.
- Avoid sugar-free drinks containing artificial sweeteners.
- Eat your evening meal slightly earlier and then a dry snack, such as cheese and biscuits, before bed.
- Include starchy foods at each meal, like white bread, pasta, potato or rice.
- Eat marshmallows, jelly sweets containing gelatin (or vegetarian alternative) or dry snacks to help thicken output.
- 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 flavor.
- Use garlic or mushroom stock cubes / pastes instead of fresh.
- Add stock pots while cooking to add extra flavor.
- Adapt your own recipes by reducing onion, garlic and spice quantities or swapping vegetables to suit you.
- Make recipes in advance, store in the fridge / freeze, then heat up when you don't feel like cooking.

Breakfast ideas

- 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 crispies, cornflakes or puffed wheat.
- Melon.
- Porridge or instant oats.
- Tinned fruits, such as peaches, pears and mandarins.

Lunch ideas

- 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 and ham or prawns.
- Pasta with pesto.

Snack ideas

- Plain biscuits such as rich tea
- Crisps, plain crackers, or mini cheddars.
- Ripe banana.
- Plain cake (no fruit)
- Rice cakes.
- Marshmallows or jelly sweets containing gelatin (or vegetarian alternative) to thicken output.

Pudding ideas

- 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 two hours or until thick.
- 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.

Stir fried lemongrass chicken and rice:

<i>1 stalks of lemon grass very finely grated</i>	<i>6 chicken thighs (3cm chunks)</i>
<i>1 clove of crushed garlic</i>	<i>2 tbsp oil</i>
<i>25g fresh ginger finely grated</i>	<i>4 carrots cut into 4 cm batons (use other vegetable like broccoli florets if able to tolerate)</i>
<i>½ tbsp soft brown sugar</i>	<i>1 red chilli sliced</i>
<i>1 tbsp fish sauce</i>	<i>Juice of 1 lime</i>
<i>1 tbsp soy sauce</i>	

- Into a bowl, add half the lemongrass, garlic, sugar, ginger, fish sauce and soy sauce. Add chicken and marinade for 10 mins or overnight.
- Add oil to a large wok, then fry chicken until golden. Add remaining lemongrass and fry for a further 2-3 mins. Tip out of wok and set aside.
- Add remaining oil and stir fry the carrots until well cooked and charred in places.
- Return chicken to the wok, add chilli and lime juice, toss together.
- Serve with white rice.

Classic Ragu Bolognese:

<i>30g butter</i>	<i>1 bay leaf</i>
<i>2 tbsp olive oil</i>	<i>500g minced beef</i>
<i>60g pancetta or un-smoked streaky bacon</i>	<i>2 tbsp tomato puree</i>
<i>1 small onion very finely chopped or grated</i>	<i>150ml red wine (optional and can be replaced with stock)</i>
<i>1 carrot finely chopped</i>	<i>150ml beef stock</i>
<i>1 clove crushed garlic</i>	<i>150mls milk</i>
	<i>Salt and pepper, fresh nutmeg</i>

- Melt butter and oil in a large pan.
- Add pancetta or bacon and cook until golden.
- Add onion, carrot, garlic, bay leaf and cook until soft.
- Add mince and brown.
- Add tomato puree, wine, and stock.
- Bring to boil then turn down very low. Simmer with pan partially covered, adding 2 tbsp of milk every 20-30 mins.
- Cook for at least 2 hours until rich and thick. Add salt and pepper and plenty of fresh nutmeg.
- Serve with cooked pasta and crusty white bread, or use to make a lasagna.

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.

Honey chilli chicken:

<i>Oil</i>	<i>2 chicken stock cubes</i>
<i>600g chicken thighs</i>	<i>3 tbsp soy sauce</i>
<i>2 tbsp honey</i>	<i>1 clove of garlic</i>
<i>Pinch of chilli flakes</i>	

- Pre heat oven to 160C.
- Rub an oven proof dish and the chicken with some oil.
- Mix the remaining ingredients in a bowl and rub over the chicken.
- Bake for 30 mins.
- Serve with white rice.

Pork chops with roasted vegetables:

<i>4 pork chops</i>	<i>– carrots, swede, parsnip (cut into chunks)</i>
<i>2 cloves garlic</i>	<i>Salt and pepper</i>
<i>Olive oil</i>	<i>Sage</i>
<i>Potatoes, root vegetables</i>	

- Pre heat oven to 200C.
- Prepare potatoes, swede and parsnip, removing all skin.
- Toss in olive oil, season and roast for 30 mins.
- Add chunks of carrots, garlic and toss again.
- Add chops, sage, salt and pepper and bake for 40 mins.
- Serve with crusty white bread.

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</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!

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

Lisa Everett, RBFT Stoma CNS, June 2024.

Next review due: June 2026.