

Low fibre diet

This information leaflet gives advice on what to eat and drink on a low fibre diet following your radiotherapy treatment. If you have any further questions or concerns, please speak to your doctor or review radiographer.

Why do I need a low fibre diet?

A low fibre diet has been recommended to help you avoid foods that may irritate an inflamed bowel, causing diarrhoea. The need for a low fibre diet is usually temporary but can sometimes be permanent. However, it is still important to eat as wide a variety of food as possible to ensure good nutrition. Please remember to continue with a low fibre diet during the 2 weeks after treatment. When returning to a normal diet remember to re-introduce things slowly to enable you to determine which item, if any, may cause irritation.

If you have any concerns during this time please contact the radiotherapy department on the telephone number at the end of this leaflet and ask for your review radiographer.

What Is a low fibre diet?

A low fibre diet is made up of foods that are easily digested and absorbed, leaving very little in the bowel. This should help to improve your bowel symptoms.

The following information explains the types of foods to avoid and include as part of a low fibre diet.

Food type	Foods to include	Foods to avoid
Vegetables	Flesh only that has been cooked (no peel, seeds or stalks). Sieved tomato sauces. Potatoes that have been baked (no skin), boiled or mashed.	All vegetable stalks, skins, seeds and raw vegetables. Cabbage, kale, celery, cucumber, fennel, leeks, peppers, peas, pumpkin, spinach, sprouts, onion, sweet corn. Pulses such as baked beans, butter beans, kidney beans, soya beans chickpeas and lentils.
Fruit	Tinned or ripe fresh fruit without skin or seeds. Apple sauce. Bananas. Fruit juices. Smooth coconut milk.	All fruit skins, stalks, seeds and stones (including Kiwi). All dried fruit. Smoothies.

<p>Bread, Cereal and Nuts</p>	<p>White bread, English muffins, plain scones and bagels, pancakes, white pitta bread, plain naan bread, plain chapatti and poppadum's. Refined breakfast cereal, such as Special K, Cornflakes and Rice Krispies. White rice, white pasta, white noodles. Corn flour or white flour. Biscuits such as Rich Tea and plain crackers. Smooth peanut butter.</p>	<p>Wholemeal, granary, rye bread. All fruit/nut breads, including walnut, granary or fruit muffins or scones and pastries with fruit/dried fruit. Wholegrain cereals, such as Weetabix, All Bran, porridge oats, muesli, bran. Wheat germ, bulgur wheat Brown rice, wholegrain pasta, brown couscous. Wholemeal or granary flour. Pearl barley, quinoa, oatmeal. Wholegrain noodles. Wholegrain fruit/nut biscuits, flapjacks, digestives, fruit cake, rye crispbreads. Nuts.</p>
<p>Meat</p>	<p>All meats and fish. Eggs. Tofu.</p>	<p>Gristly and fatty meat including tough skin. Fish skin and bones. Fried and greasy foods.</p>
<p>Dairy</p>	<p>Milk (all types), cream, sour cream. Crème fraiche, fromage frais, smooth yoghurt. Butter and margarine. Cheese (any).</p>	<p>Any milk products containing fruits, nuts, seeds or cereals.</p>
<p>Desserts</p>	<p>Custard, ice cream, milk puddings. Clear jelly. Plain cakes.</p>	<p>Ice cream containing fruit and nuts, cakes containing fruit or nuts. Puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid. Rich pastries.</p>
<p>Drinks</p>	<p>Fruit and vegetable juices, milk, water, soft drinks, caffeine free tea and coffee, herbal tea, hot chocolate.</p>	<p>Fruit and vegetable juices with pulp, prune juice, caffeine containing drinks, such as espresso, Red Bull and cola. Diet drinks. Alcohol.</p>
<p>Other</p>	<p>Smooth or sieved soup. Sugar, honey, golden syrup, custard powder, boiled sweets, toffee, caramel, marshmallows, plain/milk/white chocolate. Pepper, salt, herbs and spices in moderation (dried or finely chopped). Gravy, tomato sauce, soy sauce. Plain crisps, plain pretzels (without sesame seeds).</p>	<p>Soup with pieces, such as minestrone. Jam or marmalade with skin, peel or pips. Chocolate with dried fruit, nuts or seeds. Coconut. Wholegrain mustard, pickles, relish, humous, coleslaw, popcorn, corn chips. Seeds, including pumpkin, sunflower and sesame seeds.</p>

Helpful hints

- Eat small meals at regular intervals.
- Chew food slowly and thoroughly.
- Introduce new foods one at a time. This will enable you to rule out foods that upset your system.
- Avoid strong spices if they aggravate your symptoms.
- Avoid fizzy drinks if they aggravate your symptoms.

Contact Information

Radiotherapy Department

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This document can be made available in other languages and formats upon request.

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