

Low Fibre Diet

Guidance for reducing dietary fibre intake

A low fibre diet contains less than 10 grams of fibre per day. It reduces the amount of bulky material moving through your intestine. Your doctor may have recommended it because you:^[1,2]

- Have an ileostomy, to prevent a stoma blockage
- Have a narrowed section of bowel (stricture), to reduce the risk of further blockage
- Are preparing for a bowel procedure
- Have another medical reason specified by your doctor: _____

Follow this diet for: _____

After this time, ask your doctor or ostomy nurse whether you can slowly reintroduce foods. Try adding one new food every 1 to 3 days to see how you respond.

IMPORTANT TIPS

- Eat slowly and chew every mouthful thoroughly; chewing is the first step in digestion and is especially important on this diet.
- Always avoid these high-risk foods: nuts and seeds, corn, bean sprouts, mushrooms, popcorn, and coconut.
- If you are unsure whether a food is safe, leave it out.

SIGNS OF AN INTESTINAL BLOCKAGE

Know the warning signs and act promptly if they occur:^[3]

- Abdominal cramping and bloating
- Nausea and vomiting
- Little or no bowel output

If you have an ileostomy, additional signs include: excessive watery output, no stoma output, or a swollen or tender stoma.

WHAT TO DO IF YOU THINK YOU HAVE A BLOCKAGE

Try to stay calm. You can try to take a warm bath and gently massage your abdomen. If symptoms have not improved after 6 hours or if you have any concerns, call your doctor, ostomy nurse, or go to the emergency department.

FOODS TO EAT AND FOODS TO AVOID

FOOD GROUP	FOODS TO EAT	FOODS TO AVOID
Milk and Dairy	Fluid milk and dairy beverages Cheese: cottage cheese, hard cheeses, cheese slices, parmesan Cream soups (made with allowed ingredients) Puddings, yogurt, sherbet, ice cream	Yogurt with seeded fruit (e.g. strawberry, raspberry, blueberry, cherry) Cheese with seeds

FOOD GROUP	FOODS TO EAT	FOODS TO AVOID
Meat and Alternatives	Baked, broiled, roasted, poached, or stewed: fish, poultry, lamb, beef, pork, veal, ham, rabbit, organ meats Shrimp, lobster, crab and other shellfish All types of eggs Tofu, well-pureed hummus Hot dogs (most commercial brands, without skin) Smooth nut butter (e.g. smooth peanut butter)	Nuts and seeds Beans and lentils Sausages and processed meats with casings or skins Chunky nut spreads
Vegetables (well-cooked and soft only)	Asparagus (young), beets, broccoli, carrots, cauliflower, skinless eggplant, skinless potato (white or sweet), parsnips, pumpkin (seedless), squash, turnip, canned wax beans Tomato paste, skinless and seedless tomato sauce, plain spaghetti sauce Vegetable juice (e.g. V8) Skinless, seedless tomatoes and cucumbers Bottled roasted red peppers	All raw vegetables Bean sprouts, Brussels sprouts, cabbage, celery, corn, coleslaw, mushrooms, onions, peas, radish, spinach, salad greens Chinese vegetables (bok choy, bamboo shoots)
Fruit	Fruit juices and drinks Baked apple (peeled), applesauce, ripe banana Canned fruit: apricots, mandarin oranges, peaches, pears Fresh fruit with skin, seeds, and membranes removed: apple, apricots, cantaloupe, grapefruit, honeydew, mango, nectarines, oranges, papayas, peaches, pears, plums, watermelon	Fruits with seeds, tough skins, or membranes: blackberries, blueberries, cherries, cranberries, grapes, kiwi, pineapple, raspberries, rhubarb, strawberries All dried fruit
Breads and Cereals	White flour baked goods: bagels, bread, buns, croissants, muffins (banana, chocolate), pancakes, rolls, waffles Low-fibre cereals: Cheerios, Corn Flakes, Cream of Wheat, oatmeal, Rice Krispies, Special K Pasta: macaroni, spaghetti, couscous, fettuccini White rice and barley (cooked very soft)	Whole grain breads and cereals with bran, cracked wheat, or pumpernickel flour Breads or cereals with nuts, seeds, dried fruit, or granola Whole wheat pasta Brown or wild rice, quinoa
Sweets and Snacks	All sugars: white, brown, icing, maple syrup, honey Plain baked goods: plain cookies, plain cheesecake Chocolate (without nuts), potato chips, pretzels Boiled lollies, gumdrops, jellybeans, marshmallows, licorice Seedless jelly or jam	Doughnuts or pies with berry or seeded fillings Cakes or biscuits with poppy seeds, raisins, chopped nuts, or coconut Jam with seeds or peel (marmalade, raspberry, strawberry) Trail mix
Drinks and Condiments	Mineral water, carbonated drinks, Ovaltine, Gatorade, coffee, tea Alcohol (if medically appropriate) Pizza (thin crust, made with allowed ingredients) Mild herbs and spices Ketchup, mustard, BBQ sauce, vinegar	Popcorn Pickles, chutney, olives

AUSTRALIAN RESOURCES AND SUPPORT

- **Ostomy Australia:** www.ostomyaustralia.com.au - Support and resources for people with ileostomy or colostomy
 - **Dietitians Australia:** www.dietitiansaustralia.org.au - Find an Accredited Practising Dietitian experienced in bowel health
 - **Australian Council of Stoma Associations:** www.australianstoma.com.au - Resources and support for stoma patients across Australia
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REFERENCES

1. Stollman N, Smalley W, Hirano I; AGA Institute Clinical Guidelines Committee. (2015). American Gastroenterological Association Institute Guideline on the Management of Acute Diverticulitis. *Gastroenterology*, 149(7), 1944-1949.
2. Nazarenkov N, et al. (2019). Implementing Dietary Modifications and Assessing Nutritional Adequacy of Diets for Inflammatory Bowel Disease. *Gastroenterology and Hepatology*, 15(3), 133-144.
3. Ostomy Australia. (2024). Diet after stoma surgery. <https://www.ostomyaustralia.com.au>