



**ST. MICHAEL'S  
HOSPITAL**  
Dún Laoghaire

Pelvic Floor Centre  
**Low fibre diet**



## The Importance of Fibre

Fibre is an important requirement in our diet and is also known as roughage or bulk. Fibre is a part of a plant that provides and maintains the plants structure.

All fibre is indigestible by the human body and helps to retain water in the bowel and promotes bowel contractions that keep the food moving forward.

Therefore fibre helps to bulk and soften the bowel motion which means that the bowel motion is easier to pass. In some people who have difficulty with diarrhoea or bowel control, a low fibre diet is advisable.

## Goals of a Low Fibre Diet

The aim of a lower fibre diet is to achieve ideal stool consistency Type 3/4 on The Bristol Stool Scale which should improve bowel control.

Finding the balance that works for you is very individual and will take time. We recommend that a low fibre diet should have less than 10 grams of fibre a day.

The table below lists foods to avoid/ limit and examples of foods with a low fibre content. A low fibre diet should still be taken with 1.5–2 litres of fluid including water and juices to prevent dehydration.

	<b>Foods to avoid/Limit</b>	<b>Foods allowed</b>
<b>Cereals</b>	Bran, shredded wheat, shreddies, weetabix, wheatgerm, muesli, porridge, soya bean	Cornflakes, rice krispies, special k, frosties, cocopops, cheerios
<b>Bread / crackers</b>	All varieties of brown bread, rolls, crackers, crispbreads	White bread, rolls, crackers, croissants
<b>Pasta and rice</b>	Wholegrain pasta, brown, red, wild rice	White rice, white pasta, noodles
<b>Vegetables</b>	All other vegetables other than those listed in allowed foods esp. cabbages, beans, peas, broccoli, root vegetables.	Potato products without skins, peppers, cucumber, lettuce, onion, mushrooms, celery, bean sprouts, tomatoes, asparagus, cauliflower, squash
<b>Fruit</b>	All other fruits other than those listed in allowed foods	Watermelon, grapes, damson plums, pineapple, cherries, peach skinless

	<b>Foods to avoid/ limit</b>	<b>Foods allowed</b>
<b>Legumes / Nuts/ Beans</b>	Avoid all these foods	None
<b>Cakes and biscuits</b>	All cakes and biscuits made with wholemeal flour, spelt, dried fruit, nuts, coconut	Any cakes or biscuits made with white flour. This includes tarts, pies and flans with a suitable filling
<b>Dairy products</b>	Dairy products with high fruit content	All products are allowed including yogurt, ice cream, cream, custard, milk, puddings, chocolate
<b>Meat</b>	Meat with wholemeal pastry or crumbs	All meats are allowed
<b>Drinks</b>	High fibre smoothies, fresh fruit juices	Water, milk, tea, coffee, hot chocolate, frappes, diluted juice
<b>Miscellaneous</b>	Peanut butter, popcorn	Jelly, jam with low whole fruit content, honey, eggs

## Meal Plan

<b>Breakfast</b>	Cornflakes or permitted cereal White bread, toast Condiments: butter, jam, marmalade, honey Tea, coffee, fruit juice
<b>Lunch / Tea</b>	Meat, poultry, fish, eggs, cheese White bread with butter, margarine, mayonnaise, dressing
<b>Dinner</b>	Soup (without vegetable pieces) or consommé Meat, poultry, fish Skinless potato, white pasta, rice Dessert including rice pudding, ice cream, sponge, permitted fruit
<b>Suitable drinks</b>	Water, tea, coffee, juices, milk

<b>Foods with Low Fibre content</b>		
<b>Rice krispies</b>	1 cup	0.1g
<b>Special K</b>	1 1/3 cup	0.2g
<b>Cornflakes</b>	1 ¼ cup	0.3g
<b>Coco-pops</b>	1 cup	0.6g
<b>Cheerios</b>	1 ¼ cup	1.1g
<b>Italian bread</b>	1 slice	0.3g
<b>Pitta</b>	1 slice	0.4g
<b>White bread</b>	1 slice	0.4g
<b>Bagel</b>	1 slice	0.6g
<b>White rice</b>	½ cup	0.2g
<b>Macaroni</b>	1 cup	1.0g
<b>Spaghetti</b>	1 cup	1.1g
<b>Cucumber</b>	½ cup	0.4g
<b>Peppers</b>	½ cup	0.5g
<b>Lettuce</b>	1 cup	0.9g
<b>Mushrooms</b>	½ cup	0.9g
<b>Onions</b>	½ cup	0.9g
<b>Asparagus</b>	½ cup	1.0g
<b>Celery</b>	½ cup	1.1g
<b>Cauliflower</b>	½ cup	1.1g
<b>Squash</b>	½ cup	1.4g
<b>Potato skinless</b>	1	1.4g
<b>Bean sprouts</b>	½ cup	1.5g
<b>Tomatoes</b>	½ cup	1.5g
<b>Watermelon</b>	1 cup	0.4g
<b>Grapes</b>	20	0.6g
<b>Damson Plums</b>	5	0.9g
<b>Pineapple</b>	½ cup	1.1g
<b>Cherries</b>	10	1.2g
<b>Peach skinless</b>	1	1.2g
<b>Grapefruit</b>	1/2	1.6g

SVHG document control

St. Michael's Hospital,  
George's Street Lower,  
Dún Laoghaire, Co. Dublin,  
A96 P902, Ireland.

T +353 1 280 6901  
[www.stmichaels.ie](http://www.stmichaels.ie)