Diet: Fibre – low <10g

**Aim:** To provide a diet low in dietary fibre.

**Characteristics:** A diet providing less than 10g of dietary fibre per day by avoiding foods that are high in dietary fibre and resistant starch.

**Indications:**
- preparation for colonoscopy; specific gastrointestinal disorders (e.g. fistulae, stenosis)
- acute phases of inflammatory bowel disease and diverticulitis.
- Recurrent bowel obstruction
- Radiation enteritis

**Nutritional Adequacy:** Not nutritionally adequate; nutrients that may be inadequate include fibre, folate and magnesium.

**Precautions:** A dietitian should be consulted if this diet is followed for more than three days.

**Paediatrics:** Suitable for use in paediatrics when combined with an age-appropriate diet.

**Specific menu planning guidelines:**

<table>
<thead>
<tr>
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<th>ALLOWED</th>
<th>NOT ALLOWED</th>
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<tbody>
<tr>
<td>Hot main dishes</td>
<td>Plain roasted and grilled meats, poultry and fish&lt;br&gt;Plain omelettes&lt;br&gt;Tofu</td>
<td>All casseroles&lt;br&gt;Crumbed or battered meats, poultry or fish&lt;br&gt;All dishes containing peas, beans and lentils</td>
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<td>Sauces, gravies</td>
<td>All others</td>
<td>Sauces or gravies with seeds, lentils, legumes or chunky vegetables</td>
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<td>Starchy vegetables / pasta / rice</td>
<td>Steamed, boiled, mashed or roasted potato without skin&lt;br&gt;White rice, pasta or noodles</td>
<td>Jacket and roasted potato with skin&lt;br&gt;Wholemeal, wholegrain or brown rice or pasta</td>
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<td>Vegetables</td>
<td>&lt;1.5g fibre per serve, e.g. well-cooked cauliflower florets, pumpkin, green beans, zucchini, squash, carrots.</td>
<td>&gt;1.5g fibre per serve</td>
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<td>Soups</td>
<td>Clear broths</td>
<td>All others</td>
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<td>Sandwiches</td>
<td>Sandwiches made on white bread with plain meat, poultry, egg or fish fillings</td>
<td>Wholemeal, wholegrain, rye or high-fibre white bread&lt;br&gt;Vegetables (e.g. tomato, pickles)</td>
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<td>Salads, dressings</td>
<td>None</td>
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<td>Breads, cereals</td>
<td>White bread&lt;br&gt;Breakfast cereals providing &lt;1.5g fibre per serve (e.g. Corn Flakes®, Rice Bubbles®, semolina)</td>
<td>Wholemeal, wholegrain or rye bread&lt;br&gt;High-fibre white bread&lt;br&gt;Cereals containing &gt;1.5g fibre per serve (e.g. Weet-Bix™, rolled oats, oat bran, psyllium, muesli, bran cereals)</td>
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<td>Spreads</td>
<td>Honey, Vegemite™, Mayonnaise, jam and marmalade with no seeds or skins</td>
<td>Jam and marmalade with seeds or skins, peanut butter</td>
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<td>Hot breakfast choices</td>
<td>Eggs, plain omelette, grilled bacon&lt;br&gt;Pancakes and pikelets</td>
<td>Baked beans, mushrooms, tomatoes, canned spaghetti</td>
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<td>Fruit</td>
<td>One serve only per day: canned fruit &lt;2.5g fibre per serve (e.g. peaches, apples, two fruits)</td>
<td>All fresh and dried fruit&lt;br&gt;Canned pineapple, pears, apricots, plums, fruit salad, cherries, berries, prunes</td>
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<td>Yoghurt</td>
<td>All plain yoghurts, e.g. natural, vanilla</td>
<td>Fruit yoghurts</td>
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</table>
### Desserts
- Plain milk puddings, e.g. custards, creamy rice
- Ice-cream, jelly
- Plain cakes and puddings with <1.5g fibre per serve

### Milk and cheese
- All

### Beverages
- Tea, coffee, milk, cordial, soft drinks
- Milo®, Aktavite®
- Other strained juices (e.g. orange, apple)
- Prune juice, tomato juice and vegetable juice

### Biscuits
- All others (e.g. Milk Arrowroot™, Milk Coffee™)
- Biscuits made with wholemeal flour, fruit, nuts, coconut or bran

### Miscellaneous
- Cream, sugar, salt, pepper and sweetener
- Unprocessed bran, nuts

### References

This Diet Specification is not to be used for patient education

DATE: 19 October 2015