

Community Endoscopy Service

High Fibre Diet



Introduction

The terms FIBRE, ROUGHAGE, RESIDUE and BRAN are often interchanged and used to describe what is known as DIETARY FIBRE. Fibre is found in all plant materials - cereals, vegetables, pulses and fruit. Much of the fibre in our modern diet has been removed by processing and refining e.g. wholemeal flour contains three times as much fibre as white flour. The dietary recommendation is 20 - 25 grams of fibre per day. Fibre is a very important part of a healthy diet. It encourages regular, bulky, soft motions. Cereal fibre is more effective than fruit and vegetables. Lack of fibre in the diet is associated with many bowel disorders and is the main cause of constipation. In order for fibre to work it is **very** important to increase your fluid intake. You must have at least 10 - 12 cups or glasses of fluid daily, both with and between meals. Without this fluid the fibre cannot work properly and you may become more constipated.

High fibre foods

- BREAD Wholemeal, white high fibre or bran enriched brown
- BISCUITS Digestive, muesli or fruit cookies. Those labelled high fibre or high bran. Ryvita, oat cakes, flapjacks
- CEREALS Weetabix, Shredded Wheat, Puffed wheat, Porridge, Muesli. Cereals labelled high fibre or high bran
- PASTA Wholemeal pasta
- RICE Brown rice
- VEGETABLES All vegetables - fresh, frozen, tinned or raw in salads
- PULSES Peas, beans and lentils tinned or soaked and boiled
- FRUIT All fruit, fresh, tinned and dried, raw or cooked. Nuts - to be avoided in children under 5 years because of the risk of choking

Low fibre foods to avoid

- BISCUITS White cream crackers and most sweet biscuits
- CEREALS Rice Krispies, Cornflakes, Special K and coated cereals
- PASTA White pasta and egg noodles
- RICE White rice

Ways to increase the fibre in your diet:

1. Always have a high fibre breakfast cereal—add fresh or dried fruit if desired
2. Eat more wholemeal bread
3. Substitute wholemeal flour for 50% of the flour used in cooking and baking
4. Add pulses to soups, stews and casseroles
5. Eat jacket potatoes instead of boiled or mashed
6. Eat fruit, nuts or high fibre snacks instead of sweets and chocolates
7. Sprinkle dried fruit, nuts and cooked pulses over salads

Breakfast:

- High fibre cereal with milk
- Wholemeal bread or toast with butter or margarine
- Tea or Coffee with milk

Mid-morning:

- Tea or Coffee with milk, fruit juice or sugar free soft drink

Mid-day (or evening):

- Meat, fish, egg, cheese or vegetarian dish
- Suitable vegetables or salad
- Jacket potatoes, brown rice or wholemeal pasta.
- Fruit (fresh, stewed, dried or tinned in natural juice)
- Soft drink or tea or coffee with milk

Mid-afternoon:

- Tea or coffee with milk, fruit juice or sugar free soft drink

Evening Meal (or mid-day):

- Sandwiches made with wholemeal bread or suitable snack on toast
- Biscuits or cakes made with wholemeal flour and dried fruit if desired
- Fruit (fresh, stewed, dried or tinned in natural juices)
- Tea or Coffee with milk or soft drink

Bedtime:

- Tea or coffee with milk or soft drink
- Fresh fruit, digestive biscuit or wholemeal bread— if desired.