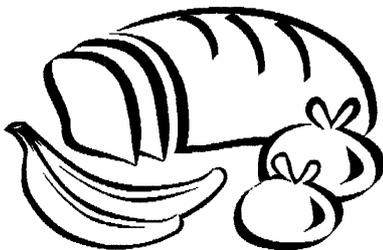


High Fibre Diet

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Fibre

- Fibre (also known as roughage) is found in plant foods such as cereals, fruit and vegetables, nuts and seeds.



- Please see overleaf for ways of eating more fibre.
- **Slowly increase the amount of fibre you eat.** Your digestive system will need time to become used to it. You may get pain, bloating and/or wind if you increase the fibre too quickly.
- Having too little fibre can lead to constipation because the waste material is hard and small. This can lead to other problems such as diverticular disease, piles, hiatus hernia, appendicitis and varicose veins through the effort needed to push this hard waste along.

Fluid

- Fibre soaks up fluid in the digestive system, swelling and forming a large, soft bulk. This stimulates the muscles of the bowels allowing the speedy and easy movement of waste through the body.
- **It is important to drink plenty of fluid if you are increasing the amount of fibre you eat.**
- Drink at least 6 - 8 large cups or glasses of fluid each day, such as water, tea, coffee, squash or fizzy drinks.
- Choose sugar-free varieties if you need to lose weight.

Wheat bran

- We do not recommend the adding of wheat bran to food, as this can be difficult for the digestive system to deal with. Wheat bran can also reduce the absorption of some vitamins and minerals into the body.

Please note: Eating a high fibre diet may make symptoms worse if you have irritable bowel problems. Reducing the amount of fibre you eat may help but you may wish to see a dietitian to discuss this more fully.

High Fibre Diet

How can I eat more fibre?

- Choose wholemeal or granary bread instead of white.
- Choose wholegrain breakfast cereals, such as All bran, Branflakes, Wheatflakes, Weetabix, Shredded Wheat (including bite sized versions and those with added dried fruit), muesli and porridge.
- Try wholewheat (brown) pasta and brown rice in place of white.
- Replace half of the white flour in recipes with wholemeal flour (plain or self-raising are available). Use for scones, crumble topping, cakes and pastry.
- Choose wholewheat biscuits and crackers, such as digestives, crispbreads and whole-wheat crackers. Try oat biscuits.
- Pulses, such as peas, baked beans, broad beans, kidney beans, butter beans, sweetcorn, chickpeas and lentils are all good sources of fibre. Canned versions are ready to eat. Add to soups, casseroles, and rice and pasta dishes. Mix a variety of canned beans together for a cold bean salad.
- Include some nuts and seeds. You can eat them as a snack, add to breakfast cereals, or sprinkle onto salads.
- Eat plenty of vegetables, salad and fruit. Fresh, frozen and canned fruit and vegetables are all suitable.



Aim to eat at least 5 portions a day:

One portion is:

- 1 fresh fruit, such as apple, small banana, pear, orange
- or, 2 small fruits, such as 2 plums, 2 apricots, 2 kiwis
- or, 3 tablespoons cooked fruit or vegetables
- or, a small mixed salad
- or, a medium glass of fruit juice (this will not contain as much as fibre as eating the fresh fruit)
- or, a handful of dried fruit

Try adding dried or fresh fruit to breakfast cereal. Dried fruit is particularly high in fibre.