


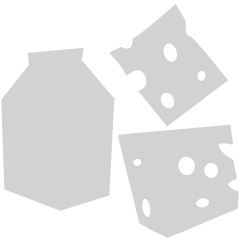




Endoscopy

Low Fibre Diet Information

Foods to include and avoid in your low fibre diet

FOOD GROUP	INCLUDE (<i>low fibre</i>)	AVOID
Bread, cereals, rice, pasta, noodles 	<ul style="list-style-type: none"> White bread, crumpets, scones, English muffins Refined breakfast cereals e.g. Rice Bubbles, Cornflakes White rice, pasta, sago, tapioca, semolina White flour, cornflour Plain sweet and savoury biscuits or cakes White rice cakes or crackers 	<ul style="list-style-type: none"> Wholemeal/ wholegrain bread, fruit bread, rye bread Wholegrain breakfast cereals or any with dried fruit, nuts or coconut e.g. Muesli, All-Bran™, Weetbix™ Rolled oats, quick oats, oat bran, muesli bars Brown rice, wholemeal pasta Wholemeal flour, wheatgerm Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut
Vegetables 	<ul style="list-style-type: none"> Ensure vegetable are peeled and well cooked where able: Potato, Sweet potato, pumpkin, carrot, zucchini, cauliflower, broccoli florets, asparagus tips and mushrooms Spring onion, onion, capsicum Well strained vegetable juice Tomato puree or paste Tomato and cucumber with skin and seeds removed Shredded lettuce 	<ul style="list-style-type: none"> All raw vegetables Avoid all other vegetables not listed in foods to include

FOOD GROUP	INCLUDE (<i>low fibre</i>)	AVOID
Fruit 	<ul style="list-style-type: none"> • Pawpaw and melons (no seeds) • Peeled peaches & nectarine • Well-cooked fruit no skin/pips • Canned fruits except pineapple • Fruit juice – no pulp 	<ul style="list-style-type: none"> • Fruit with skin, pips or of a very “fibrous” texture - e.g. apples, pears, oranges, pineapple • Canned pineapple • Dried fruit • All other fruit not listed in foods to include
Dairy foods 	<ul style="list-style-type: none"> • All varieties of milk • Plain yoghurt, custard, plain or flavoured ice-cream • Plain cheese 	<ul style="list-style-type: none"> • Desserts containing dried fruit, nuts, or coconut • Products containing “chunky fruit” pieces
Meat, fish, poultry, eggs, nuts, legumes 	<ul style="list-style-type: none"> • Any tender meat, chicken and fish (no skin) • Tofu • Eggs 	<ul style="list-style-type: none"> • Legumes e.g. baked beans, lentils, soy beans, kidney beans • Nuts & seeds • Nut or seed butters (e.g. peanut butter, tahini)
Miscellaneous 	<ul style="list-style-type: none"> • All fats including butter, margarine, mayonnaise, oils • Sugar, honey, syrups • Boiled lollies, jubes, chocolate with no fruit, nuts, coconut or barley sugar • Spreads without seeds or skin • Soup made from allowed ingredients with stock/Bonox • Desserts made from allowed foods (jelly, plain or flavoured ice-cream, custard) • Gravy, salt, pepper, dried herbs & spices 	<ul style="list-style-type: none"> • Popcorn • Coconut • Chocolate with nuts and fruit • Chutney and pickles

Example meal and snack suggestions

BREAKFAST

1 Glass strained fruit juice
Rice bubbles with milk
White toast / bread / crumpets with margarine / butter / honey / jam / vegemite / egg and plain cheese if desired

LUNCH

Tender meat / chicken / fish / egg / plain cheese
White bread with margarine / butter
Tinned fruit with custard or plain yoghurt
Cup of tea/coffee

DINNER

Soup (made with allowed ingredients)
Tender meat / chicken / fish / egg / plain cheese
Potato (peeled) / white rice / pasta
Allowed vegetables – peeled and well cooked
Bowl of plain or flavoured ice cream
Cup of tea/coffee

SNACKS

Allowed fruit, plain yoghurt, milk, plain cheese & white rice cakes/low fibre crackers

The day before your procedure

Clear fluid diet Any fluids that you can see through.	<ul style="list-style-type: none">• Chicken stock soup or clear chicken noodle soup with noodles drained out• Jelly (Yellow/Orange)• Lemon/Orange Cordial• Apple Juice (Clear)• Black Tea/Coffee (without milk)• Herbal Tea	<ul style="list-style-type: none">• Lemonade/Ginger ale• Iced tea• Yellow/Orange Sports drinks (Powerade/Gatorade)• Lemonade ice blocks• Orange ice blocks.
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