

Patient advice sheet

Quick fibre guide

Key:

* The foods in green are high in soluble fibre which can be beneficial for both constipation and diarrhoea, bloating and wind.

* The foods in red are high in wheat bran, which may worsen loose stools, abdominal pain or bloating.

	Lower total fibre	Higher total fibre
Fruit	All soft or well cooked/stewed/pureed fruit without skins/pips e.g. Melon, nectarine, peach, banana, mango. Tinned fruit. Fruit juice or sauce without bits.	Fruit with skin/pips or stringy parts e.g. pineapple, berries. Dried fruit Smoothies made with whole fruit or fruit juice with bits
Vegetables	Soft or well cooked vegetables, peeled, without pieces e.g. aubergine, Potato, avocado, carrot, tinned chopped tomatoes, root vegetables e.g. swede, squash, cucumber, courgette, cauliflower + broccoli (no stalks), onion (well cooked and very finely chopped)	Raw vegetables or all other vegetables eaten with skin/husk or tough/stringy parts. E.g. sweetcorn, mushroom, lettuce/salad.
Breads, rice, pasta, cereals, flour	All white bread (including bagels, crumpets, croissants, brioche, white crackers, scones) white pasta, white rice, tapioca, sago, semolina, white couscous Rice crispies, cornflakes, Frosties, coco pops, Cheerio's, ready brek. White flour, rice flour, cornmeal, potato flour, cassava flour, yam flour	Whole oats, oat bars or oat based cereals such as porridge, granola Weetabix, bran flakes, Special K Wholemeal bread, wholemeal pasta or wholewheat couscous Seeded bread/crackers. Brown rice, polenta, semolina Wholemeal flour, bran, granary flour Spelt, pearl barley
Cakes, pastries, sweets	All cakes/pastries or biscuits made with white flour Boiled or jelly sweets, toffee, fudge, chocolate (without fruit or nuts), marshmallows	Flapjacks, oat biscuits Any cakes/pastries or biscuits made with dried fruit or nuts Cakes, pastries, or biscuits made with wholemeal flour
Protein/ miscellaneous	All meat, fish, eggs, tofu, Quorn, soya mince, smooth nut butters	Beans, pulses, peas, chickpeas, houmous, whole nuts Seeds such as linseeds, chia seeds (ensure you soak these or take them with plenty of fluid)

