



**BC Cancer Agency**

CARE + RESEARCH

*An agency of the Provincial Health Services Authority*

**Oncology Nutrition**

# Low Fibre Food Choices

May be helpful for loose, frequent bowel movements



## Low Fibre Food Choices

Eating less fibre may help reduce symptoms such as abdominal cramping, bloating, frequent, loose bowel movements or diarrhea

## Low Fibre Guidelines

- Eat small, frequent meals and snacks. Try to eat every 2-3 hours.
- Include at least **at least 1½ –2 litres (6-8 cups)** of a variety of fluids per day (eg: water, juice, sports drinks, soup, and herbal tea).  
Limit caffeine or alcohol containing drinks.
- **Chicken, fish, beef, pork, eggs, and dairy products do not have fibre so you can eat these foods as desired.**
- **Avoid deep fried, spicy, greasy, and very rich foods.**
- Plant foods have fibre and need to be restricted. Remove skin and seeds from foods to **reduce** the fibre content.
- Cooking, chopping, canning, and blenderizing foods **will not reduce** their fibre content.
- A multivitamin with minerals may be needed if you are unable to eat a variety of foods. Any “one a day” brand sold in drugstores is appropriate.
- Use the charts on the following pages to help choose meals and snacks.
  - Eat foods from the Low Fiber column as you wish.
  - Discuss the use of Medium Fiber foods with your dietitian.
  - **LIMIT foods from the High Fibre column.**

## Dietary Fibre Content of Common Foods

<b>LIMIT</b>		<b>YOU MAY EAT</b>
<b>High Fibre</b>	<b>Medium Fibre</b>	<b>Low Fibre</b>
<b>Hot Cereals</b>		
Red River® Sunny Boy®		Cream of Wheat® Oatmeal: 1/2 cup, cooked or 1 pouch, instant
<b>Cold Cereals</b>		
All Bran® Bran Buds® Bran Flakes® Corn Bran® Fiber1® Grapenut Flakes® Oat Bran® Oat Squares® Raisin Bran®	Life® Mini Wheats® Multigrain Cheerios® - 1 cup Shredded Wheat® - (bite size) 2/3 cup Shredded Wheat® - 1 biscuit	<i>Any cereal with less than 2 grams of fibre per serving</i> Cheerios® Cornflakes® Just Right® Puffed Wheat® Rice Krispies® Special K®
<b>Breads</b>		
Squirley Bread®	Bran muffin - 1 small Nutrigrain Waffle® - 1 Pumpnickel bread - 1 slice Rye bread - 1 slice Whole-wheat bagel 100% Whole-wheat bread - 1 slice Whole wheat pita bread - ½	Bagel, plain Baking powder biscuit Breads: 60% whole wheat, white, or cracked wheat English muffin Hamburger/hotdog bun Kaiser roll Pita bread, white Plain dinner roll Taco shell Tortilla, white
<b>Pastas</b>		
Whole-wheat pasta		Macaroni Noodles Spaghetti

## Dietary Fibre Content of Common Foods

<b>LIMIT</b>		<b>YOU MAY EAT</b>
<b>High Fibre</b>	<b>Medium Fibre</b>	<b>Low Fibre</b>
<b>Grains</b>		
Barley Popcorn Cornmeal	Bran, natural - 1 Tbsp Cooked brown rice - ½ cup	<b>White rice</b>
<b>Nuts and Seeds</b>		
Almonds Flax seeds (whole) Soynuts Trail Mix	Nuts: peanuts, pine, walnuts, coconut, pistachio, hazelnut, macadamia, brazil - ¼ cup Sunflower or sesame seeds - 2 Tbsp Flax seeds (ground) - 1 Tbsp	<b>Peanut butter - 1 Tbsp - smooth type</b>
<b>Legumes</b>		
Beans: kidney, black- eyed, navy & lima Peas: chickpeas, split peas Lentils		
<b>Fruit</b>		
Apple, with skin Avocado Blackberries Blueberries Figs/dates Pears Prunes Raspberries	Apricots, dried Grapefruit - 1 medium Kiwi fruit - 1 medium Mango - 1 medium Orange - 1 small Papaya - ½ Pomegranate - ½ Plum - 3 small Raisins - 2 Tbsp Tangerine - 1 medium	<b>Apple, no skin - 1 small Applesauce Apricots Banana Cantaloupe Cherries Grapes Honeydew melon Mandarin orange Peach Pineapple Strawberries- ½ cup Watermelon</b>

## Dietary Fibre Content of Common Foods

LIMIT		YOU MAY EAT
High Fibre	Medium Fibre	Low Fibre
<b>Juice</b>		
Prune juice - 1 cup		Apple, cranberry, grape, orange & pomegranate juices Tomato, carrot, & vegetable-based juices
Juices containing whole berries, or extra pulp		
<b>Vegetables</b>		
Green peas*	Artichoke heart	Alfalfa sprouts
Snow peas	Bean sprouts	Asparagus*
Spinach, cooked*	Beans*	Bamboo shoots
Swiss chard	Beets*	Cabbage*
	Bok Choy	Carrots*
	Broccoli*	Cauliflower*
	Brussels sprouts	Celery
	Corn, kernel	Cucumber*
	Eggplant	Garlic*
	Kale, cooked	Lettuce*: any type
	Kohlrabi	Mushrooms
	Parsnips*	Onions*
	Potato, with skin	Pepper*
	Rhubarb	Potato, whipped
	Spinach, raw*	Potato, no skin
	Sweet potato, with skin	Radish*
	Turnip*	Tomato
	Vegetables, mixed	Water chestnuts
	Winter squash*	Zucchini
	<b>Limit to ½ cup portions</b>	

\* Common gas forming foods

## Dietary Fibre Content of Common Foods

LIMIT High Fibre	Medium Fibre	YOU MAY EAT Low Fibre
<b>Meat, Fish, Poultry, and Eggs</b>		
		<b>Beef</b> <b>Pork</b> <b>Chicken,</b> <b>Turkey</b> <b>Eggs</b> <b>Deli meats</b> <b>Fish, seafood</b>
<b>Dairy and Soy-based Products</b>		
Milkshakes made with berries Yogurt with berries or granola	Nutritional supplements with fibre  A note about <b><i>lactose:</i></b> Some people may need to limit milk and other lactose containing foods. Ask your dietitian for more information.	<b>Carnation Breakfast Anytime®</b> <b>Cheese, any type</b> <b>Chocolate milk</b> <b>Cream soup</b> <b>Hot chocolate</b> <b>Ice-cream</b> <b>Milk, any type:</b> <b>cow, goat, soy, rice</b> <b>Nutritional supplements</b> <b>Puddings: bread, rice, tapioca</b> <b>Sherbet</b> <b>Tofu</b> <b>Yogurt/Yogurt drinks</b>

## Dietary Fibre Content of Common Foods

LIMIT High Fibre	Medium Fibre	YOU MAY EAT Low Fibre
<b>Other beverages</b>		
<p><i>A note about <b>sugar alcohols</b> ie. sorbitol, mannitol, and xylitol found in 'sugarless' gums, candies and medicines. These can have a <b>laxative effect</b>.</i></p>		<p><b>All fruit drinks</b>  <b>Café au lait</b>  <b>Carbonated fruit drinks</b>  <b>Fruit &amp; vegetable juices</b>  <b>Gatorade®</b>  <b>Ice tea</b>  <b>Orange Julius®</b>  <b>Ovaltine®</b>  <b>Weak tea or coffee</b></p>

### Adding Fibre Back into Your Diet

Once you have soft, easy-to-pass stool and bowel movements become more regular, **gradually** add higher fibre foods back into your diet. Start by adding **one** new higher fibre food each day in a small amount.

- Continue to drink 1 1/2 – 2 litres (6 – 8 cups) of fluid per day. This will help your body adjust to the added fibre in your diet.
- If you experience diarrhea, cramping, or gas after reintroducing a food, avoid that food and try it again at a later time.

# Low Fibre Food Ideas

## Breakfast Ideas

- |                 |                                   |
|-----------------|-----------------------------------|
| Cheese omelette | English muffins*                  |
| Crissants       | French toast*                     |
| Crumpets        | Pancakes*                         |
| Eggs            | Plain waffles*                    |
| Oatmeal         | Cold cereals (low fibre, see pg3) |
- \*made from white flour
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## Lunch and Supper Ideas

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|---|---------------------------------|
| Beef noodle soup  | Meatballs                       |
| Cheese pizza  | Meat lasagna                    |
| Chicken rice soup   | Pasta or potato salad           |
| Cottage cheese & peaches                                    | Plain quiche                    |
| Cream soups   | Sandwiches (egg, cheese, tuna)* |
| Instant noodles   | Spaghetti & meat sauce          |
| Macaroni & cheese   | Tuna noodle bake                |
| Meat/fish/poultry with white rice, noodles or mashed potato |                                 |

\*made with low fibre bread

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## Desserts

Angel food cake

Jello®

Plain cake

Fruitsicles

Ice cream

Ice cream sandwiches

Bread pudding

Custard

Plain chocolates, no nuts

Pudding

Sherbet

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## Snack Ideas

Arrowroot cookies

Bread sticks

Canned low fiber fruit

Cereal bars

Cheese & crackers

Cottage cheese

Rice cakes, plain

Frozen yogurt bars

Social teas

Soda crackers

Liver pate with crackers

Plain muffin

Popsicles

Oatmeal cookies

Nutrigrain Bar®

Pretzels

Rice Krispies squares

Yogurt

Fruit leather

Sesame sticks

White pita bread with tzatiki

If you have tried the ideas in this booklet and would like more help, please let your doctor or dietitian know.

Your dietitian can also help you with other eating problems such as decreased appetite, taste changes, dry mouth, nausea or constipation.

## **How to Contact BC Cancer Agency, Oncology Nutrition**

Your Dietitian's name: \_\_\_\_\_

### **Vancouver Centre**

604.877.6000, ext. 672013

Toll free in BC 1.800.663.3333, ext. 672013

### **Fraser Valley Centre**

604.930.4000

Toll free in BC 1.800.523.2885

### **Vancouver Island Centre**

(250) 519.5525

Toll free in BC 1.800.670.3322

### **Centre for the Southern Interior**

(250) 712.3963

Toll free in BC 1.888.563.7773

### **Abbotsford Centre**

604.851.4733

Toll free in BC 1.877.547.3777

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