

Nutrition and Dietetics Department

Reintroducing Fibre into your Diet

Your dietitian will have previously given you advice on a low fibre diet. It is now an appropriate time to start reintroducing fibre into your diet. This diet sheet provides advice on how to do this. Remember that it is important to follow any individual advice given to you by your dietitian.

Guidelines for Reintroducing Fibre into your Diet

Outlined below are guidelines on how to reintroduce fibre into your diet. It is important to establish a healthy, varied diet. The length of time to complete the reintroduction process will vary. It is important to reintroduce one food at a time, gradually.

Week 1

- Try to include an extra portion of low fibre fruit or vegetables each day (refer to the fruit and vegetables low fibre section in the fibre diet sheet), with the aim to be having 5 portions of fruit and vegetables or a variety at the end of the reintroduction.
- Try leaving skins on fruit and vegetables or cooking fruit.

Week 2

- Try replacing white bread with 50:50 bread; then try brown bread; then try wholemeal bread.
- Try replacing white pasta and rice with brown and wholemeal varieties.

Week 3

- Try a high fibre breakfast cereal e.g. Weetabix, Bran Flakes, porridge, Shredded Wheat or muesli.

Week 4

- Try reintroducing high fibre fruits and vegetables (refer to the high fibre fruit and vegetables section in the fibre diet sheet).
- Try reintroducing pulses and legumes e.g. lentils, beans and peas.
- Try reintroducing nuts and seeds.

Notes

Each person is different so treat this information as a guide to enable you to determine the types and amounts of fibre that you can tolerate.

You may find that you can eat high fibre vegetables on days when you do not have wholemeal bread and high fibre breakfast cereals etc. or vice versa. If this is the case then try to vary the sources of fibre in your diet to ensure that you have a balanced diet.

Experiment with the quantities of fibre tolerated on a daily basis. When your intake of dietary fibre has increased your doctor may recommend that additional fibre preparations, bulking agents or laxatives that were required can be stopped or reduced.

Remember to keep a record of foods eaten and take note of when symptoms return or worsen. This may help you to identify patterns that could indicate problem foods.

If a food causes a problem, try it again a few days later to check that the problem was related to that food.

Which foods should I reintroduce first?

With reference to the guidelines in this booklet, make a list of those foods that you would like to reintroduce first and so on...

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- 2.
- 3.
- 4.
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If you have any comments about this leaflet or the service you have received you can contact :

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If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"