

Progressive Fibre Food Guide

This guide helps you return to normal eating habits after you have been ill. Foods with fibre in them are slowly added to your diet. Fibre is the part of plant foods that you do not digest. It makes your stool bulkier. It is best to progress or move through the stages **slowly**, and at your **own pace**. Your dietitian will guide you through the stages to the one that suits you best.

Tips

The tips below will help you to use this food guide successfully:

- In each stage there are lists of foods to choose and foods to avoid. Select from the list of foods to choose. If you are tolerating a stage well, it is safe to move onto the next stage.
- Begin with Stage 1. These foods are the easiest to digest.
- When you start a new stage, try one food at a time and in small amounts to make sure you tolerate it.
- Eat small meals often. Try three small meals and three to four snacks throughout the day. Try to choose a variety of foods from all the four food groups.
- Remember to chew your food well. This will help your food digest. Eat sitting up. Do not lie down right after a meal.
- Limit talking while eating because talking may produce gas.

The three stages

Stage 1: Low Fibre

Start at this stage if you have a lot of loose bowel movements or if you are at risk of developing a bowel obstruction. Stay at this stage until your bowel movements become more formed, when you have less pain, and you have no other bowel symptoms.

Stage 2: Medium Fibre

Move to this stage if your bowel habits are not quite back to normal and if you are tolerating Stage 1 well. Stay at this stage until your bowel habits return to normal.

Stage 3: High Fibre

Move to this stage when your bowel habits are back to normal and if you are tolerating Stage 2 well. Be sure to talk with your dietitian about what high fibre foods you can add back to your diet.

Stage 1: Low Fibre

✓ Choose

Vegetables and Fruit

- soft cooked vegetables with seeds and tough skins removed such as carrots and parsnips
- squash, turnip and potato without skin
- tomato sauce
- canned or pureed fruit with seeds and skin removed
- ripe, soft raw fruit without skins or seeds such as melons, pears, and peaches
- fruit and vegetable juices

Grain Products

- white bread or 60% whole wheat bread
- pita bread and plain bagels
- white rice, pasta, vermicelli, noodles, and couscous
- cream of wheat and cold cereals except those with added bran or whole grains
- crackers like Melba toast and soda crackers
- cookies such as arrowroot or digestive cookies
- rice cakes and pretzels

Meat and Alternates

- eggs
- peanut butter

High fat, sugar, or salt foods

- margarine or butter
- jelly

✗ Avoid

Vegetables and Fruit

- raw vegetables and salad
- cooked vegetables with skins such as peas, corn, and string beans
- potato skins
- vegetables with seeds such as cucumber and eggplant
- broccoli, cabbage, cauliflower
- relish and pickles
- raw fruit with skins: apples, peaches, pears, and apricots
- fruit with seeds and membranes such as berries, kiwi fruit, pineapple, oranges, and grapefruit
- prune juice
- dried fruit and fruit leathers

Grain Products

- whole grain breads or rolls, rye bread
- whole wheat crackers, bran muffins, taco shells
- brown or wild rice and whole wheat pasta
- hot and cold cereals with bran or whole grains such as granola, oat bran, and rolled oats

Meat and Alternates

- dried beans, peas, and lentils

High fat, sugar, or salt foods

- fatty or spicy food may be harder to digest for some people so need to be eaten in moderation
- jams and marmalade

Stage 2: Medium Fibre

✓ Choose

Vegetables and Fruit

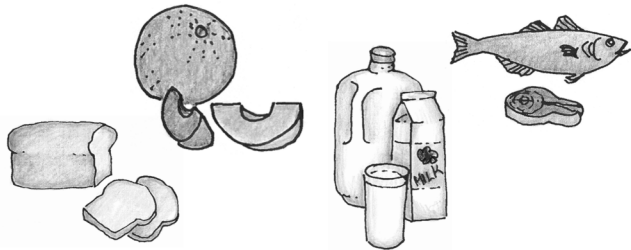
- canned tomatoes
- cooked string beans
- green leafy vegetables
- peeled raw fruit without seeds such as melons, apples, and pears
- peeled and seeded cucumber

Grain Products

- 100% whole wheat breads and rolls, whole wheat pita, rye bread, and taco shells
- brown rice
- whole wheat pasta
- oat bran, rolled oats, and cornmeal

Meat and Alternates

- eggs
- peanut butter



✗ Avoid

Vegetables and Fruit

- raw vegetables except green leafy vegetables
- cooked vegetables with skins such as peas and corn, and baked potato
- vegetables with seeds eggplant
- broccoli, cabbage, cauliflower
- relish and pickles
- raw fruit with skins removed
- fruit with seeds and membranes such as berries, kiwi fruit, pineapple, oranges, and grapefruit
- prune juice
- dried fruit and fruit leathers

Grain Products

- bran muffins
- wild rice
- hot and cold cereals with bran or whole grains such as granola

Meat and Alternates

- dried beans, peas, and lentils

High fat, sugar, or salt foods

- fatty or spicy food may be harder to digest for some people so may need to be eaten in moderation
- jams and marmalade

Stage 3: High Fibre

✓ Choose

Vegetables and Fruit

- all fruits and vegetables as tolerated, both raw and cooked



Grain Products

- whole grain breads, rolls and other whole grain products
- wild rice
- bran cereals



Meat and Alternates

- dried beans, peas, and lentils in small amounts

✗ Avoid

If your bowel habits are back to normal, you don't need to avoid any foods.

Note:

If your disease is in remission or your bowel habits are back to normal (no symptoms), you may be able to slowly introduce foods from the "Avoid" list as tolerated, **unless you are told otherwise.**

Talk to your dietitian if you have any questions about adding these foods to your diet.