

# Patient Information Leaflet



## Guidelines for choosing a low fibre diet during Biofeedback Treatment

## Guidelines for choosing a Low Fibre Diet during Biofeedback Treatment

During biofeedback treatment, you should take a low fibre diet to help reduce wind and bloating. Please use the following guidelines:

<b>Food group</b>	<b>Choose foods low in fibre</b>	<b>Avoid foods high in fibre</b>
<b>Bread, other cereals and potatoes</b>	<ul style="list-style-type: none"> <li>• White bread, white chapatti, white, pitta</li> <li>• White pasta</li> <li>• White rice</li> <li>• Refined cereals e.g. Rice Krispies, Cornflakes</li> <li>• Cream crackers, rice cakes</li> <li>• Boiled, mashed or roast potatoes (no skin)</li> <li>• Yams, sweet potato (no skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal/granary bread, added fibre white bread, brown chapatti, wholemeal pitta</li> <li>• Wholegrain pasta</li> <li>• Brown rice</li> <li>• Wholegrain cereals e.g. Bran Flakes, Weetabix, Muesli, porridge</li> <li>• Rye crispbreads, wholemeal crackers, oatcakes</li> <li>• Jacket potato skins</li> </ul>
<b>Fruit and vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh, tinned or stewed fruit but remove any skin, pith, pips</li> <li>• Vegetables but remove any skins, stalks, seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit</li> <li>• Sweetcorn</li> </ul>
<b>Pulses and nuts</b>	<ul style="list-style-type: none"> <li>• None, unless you are vegetarian, in which case you may take a small portion lentils, humous or mushy peas</li> </ul>	<ul style="list-style-type: none"> <li>• Beans including baked beans, chick peas, peas, lentils unless vegetarian,</li> <li>• All nuts and seeds</li> </ul>
<b>Meat, fish and eggs</b>	<ul style="list-style-type: none"> <li>• Meat, poultry</li> <li>• Fish</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid skin, gristle, bone and any dishes containing pulses e.g. chilli con carne</li> </ul>
<b>Milk and dairy products</b>	<ul style="list-style-type: none"> <li>• Milk, cream</li> <li>• Plain or fruit yogurts</li> <li>• Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurts containing nuts or cereal</li> </ul>

<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Butter, margarine, oil</li> <li>• Plain biscuits e.g. Rich Tea, Morning Coffee</li> <li>• Cakes, puddings and pastries made with white flour</li> <li>• Jelly, ice-cream, milk puddings, custard, sorbet</li> <li>• Honey, sugar, syrup, 'jelly' type jams, fine-cut marmalade</li> <li>• Tomato ketchup, brown sauce, mayonnaise</li> <li>• Salt, pepper, herbs, spices</li> <li>• Boiled sweets, chocolate, toffee or fudge without dried fruit or nuts</li> <li>• Tea, coffee, fruit squash, fizzy drinks, chocolate or malted milk drinks, Bovril, marmite</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal biscuits e.g. Digestives</li> <li>• Biscuits containing dried fruit or nuts e.g. Garibaldi, Fig Rolls</li> <li>• Cakes, puddings and pastries made with wholemeal flour, dried fruit or nuts</li> <li>• Flapjacks, cake, biscuits or puddings made with oats</li> <li>• Jams with seeds or skin, thick cut/chunky marmalade, sweet mincemeat</li> <li>• Pickles or chutneys</li> <li>• Sweets and chocolate with fruit or nuts, Muesli bars</li> </ul>
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Take a varied and balanced diet for good health. If you have any queries, please discuss these with your Biofeedback Nurse who can refer you to a dietitian for further advice.

Note: this only applies if you have specifically been advised to follow a low fibre diet.

**Contact details:**

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