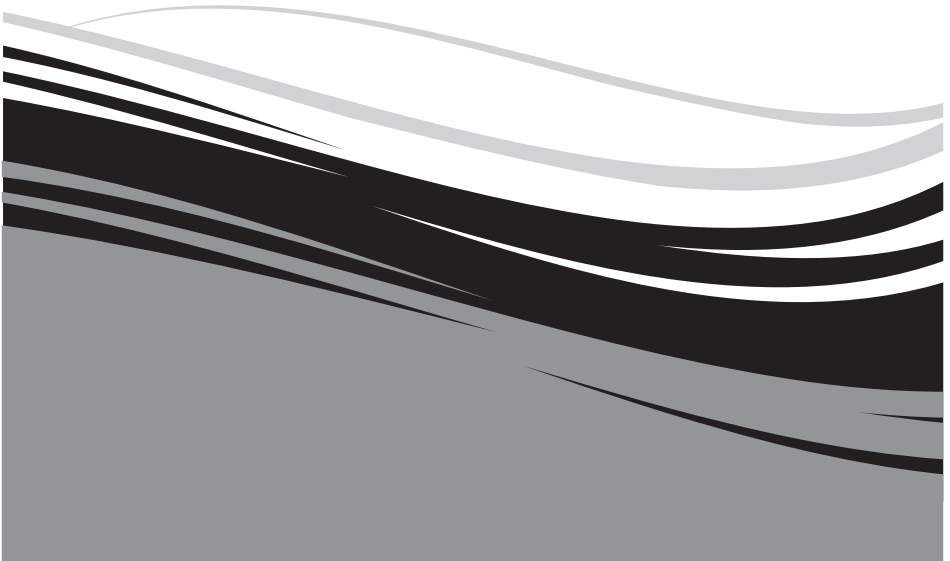


High Fibre and Low Fibre Food Sheet

This leaflet is for people who are experiencing bowel problems related to their cancer and treatment.

It should be used as a guide following discussion with your Doctor, Radiographer or Specialist Nurse.



High Fibre and Low Fibre Food Sheet

High fibre foods (Limit these)	Low fibre alternatives (Try to choose these)
<p>Bread & rolls</p> <p>Wholemeal, granary, rye, seeded breads, fruit bread, nut breads, soda bread, naan bread</p>	<p>Bread & rolls</p> <p>White bread, soft white rolls, croissant, crumpet, plain bagel/muffin, white tortilla wrap, mini white pitta bread</p>
<p>Cereals</p> <p>All Bran, Branflakes, Muesli, porridge, Weetabix, Shredded Wheat, Ready Brek, Shreddies</p>	<p>Cereals (any other cereal with less than 2g fibre per serving)</p> <p>Rice Krispies, Cornflakes, Special K, Strained Porridge, Frosties, Coco-pops, Crunchy nut cornflakes</p>
<p>Pasta and rice</p> <p>Wild or brown rice, whole-wheat pasta, pilau rice, fried rice, egg noodles, quinoa, rice noodles, bulgar wheat, tabbouleh</p>	<p>Pasta and rice</p> <p>White pasta, boiled white rice, rice cakes, tinned ravioli/spaghetti, boiled/mashed/roast potato, chips</p>

High fibre foods (Limit these)	Low fibre alternatives (Try to choose these)
<p>Starchy foods</p> <p>Wholemeal flour and flour products; wholemeal pizza, Fruit/bran/wholemeal scones, flapjacks, fruit cake, cakes with nuts e.g. carrot cake, wholemeal biscuits e.g. digestive, oatcakes, wholewheat crackers</p>	<p>Starchy foods</p> <p>White flour and flour products; Cornflour, savoury pancakes, plain/cheese/treacle/soda scones, potato scone, plain sponge cake, battenburg, gateau, gingerbread, Madeira cake, swiss roll, crepes, plain biscuits e.g. cream crackers, rich tea, cream biscuits, gingernuts, arctic roll, lemon meringue pie.</p>
<p>Meat, fish, poultry & eggs</p> <p>Casseroles or stews with onions and vegetables, chilli, curry. Tough meats, sausages, burgers, haggis.</p> <p>Fish with small bones e.g. herrings, sardines.</p> <p>Pulses e.g. peas, baked beans, kidney beans and lentils.</p> <p>Quorn</p>	<p>Meat, fish, poultry & eggs</p> <p>Meat-any type including poultry and offal. Choose well cooked/soft varieties. Chew well.</p> <p>Eggs.</p> <p>Fish-all other varieties.</p> <p>Tofu</p>
<p>Milk and milk products</p> <p>Cheese, yoghurt and ice cream containing fruit, nuts or cereals.</p>	<p>Milk and milk products</p> <p>Milk, cream, butter, cheese, ice cream, yoghurt and milk puddings. Soya milk and soya products.</p>

High fibre foods (Limit these)	Low fibre alternatives (Try to choose these)
<p>Fruit and vegetables</p> <p>Dried fruits, nuts, skins and seeds of fruit and vegetables.</p> <p>All fresh fruit except those listed opposite.</p> <p>Sweetcorn, peas, brussel sprouts, aubergine, beetroot, asparagus, onion, potato skins, sweet potato, yam.</p> <p>All raw vegetables and salads.</p> <p>All other vegetables except those listed opposite.</p>	<p>Fruit and vegetables (maximum of 1 fruit and 1 vegetable portion per day) in addition to fruit/vegetable juices.</p> <p>Smooth fruit or vegetable juice.</p> <p>The following fruits may be taken in small portions. Remember to remove all skin, seeds and pips.</p> <p>Soft tinned fruits e.g. peaches.</p> <p>Stewed soft fruit e.g. apple, plum</p> <p>Melon (water, honeydew, cantaloupe- 1 slice), satsuma, Clementine, tangerine, plum, apple, apricot.</p> <p>The following vegetables may be taken in small portions: Well cooked swede, marrow, pumpkin, leek, carrot, squash, turnip, spinach, cauliflower tops.</p>

Original SABO leaflet devised by: SCAN

Originally adapted as SABO leaflet by L. Webster.

This extract reviewed and approved by H. Reid December 2023.

This leaflet has been adapted for use from an original leaflet on SABO produced by SCAN, the South East Scotland Cancer Network. The Beatson West of Scotland Cancer Centre would like to express their thanks for SCAN's permission in making use of all it's helpful information.

Review December 2025.