



**CHOOSE
YEOVIL HOSPITAL
HEALTH CARE**

High Fibre Diet Advice



Name:

Dietitian:

Date

www.yeovilhospital.nhs.uk

What is Fibre?

Fibre is found naturally in plant foods (such as cereals and cereal products, fruit, vegetables, beans and nuts) and is the indigestible part of the food that is left after the other nutrients have been absorbed.

Types of Fibre

There are many terms used to categorise fibre but the two main and important ones are **insoluble** and **soluble** fibre:

- **Soluble fibre** (e.g. oats, rye, inside of fruit and vegetables, peas, beans and lentils) is sometimes described as the 'fleshy part' of fibre. Soluble fibre absorbs water to make a gel like substance and helps to regulate the movement of digested food through the digestive system and helps to give stools a soft but formed shape.
- **Insoluble fibre** (e.g. wholegrain cereals or breads, wholemeal pasta, wholemeal biscuits and crispbreads, brown rice, the peels and pips of fruit and vegetables) tends to be go through the digestive system unchanged and does not dissolve in water. Its principle role is as true roughage, providing bulk and weight to stools and speeding the movement through the colon.

Both play an important role in a healthy, balanced diet.

Why is Fibre Important?

Fibre helps to keep your bowel healthy by helping to prevent problems, such as constipation, haemorrhoids (piles) and diverticular disease.

However, if you have inflammation of your bowel or have any narrowing, you might want to reduce the amount of fibre in your diet. If you are unsure, seek the advice of your Dietitian or Doctor.

The following ideas will help you to increase your fibre intake:

Bread

Wholemeal has the highest fibre content, but granary and Hi Bran are also quite high. There are many varieties to try: sliced, unsliced, rolls, pita bread, muffins. If you cannot find one you like, try a high fibre white, wheat germ, oat bran, brown or rye bread; these don't contain as much fibre, but do have more than white bread.

Breakfast Cereal

Many different varieties of whole-wheat cereals are available, eg. Weetabix, Shredded Wheat, Bran Flakes, Unsweetened Muesli, All-Bran, Puffed Wheat, Shreddies, and Ready Brek.

Biscuits, Crackers and Crispbreads

High-fibre varieties include: digestives, cereal bars, Ryvitas, wholewheat crackers, oatcakes, and Hob Nobs.

Flour

Try using wholemeal or granary flour when baking instead of white - perhaps begin with $\frac{1}{2}$ wholemeal and $\frac{1}{2}$ white. You may need to add a little more fluid to the mixture.

Rice and Pasta

Brown rice and wholemeal pasta can be used in preference or white rice and ordinary pasta.

Vegetables

All vegetables contain fibre, whether they are fresh, frozen or tinned. Eat good portions of vegetables or salad with your meals. Pulses, eg. peas, kidney beans, butter beans, lentils and baked beans are excellent sources of fibre and can be used to replace some or all of the meat in casseroles, and other dishes.

Fruit

Whether it is fresh, tinned, stewed or dried, fruit is a nutritious, high-fibre food. Fruit can be used in many ways - as a snack, on breakfast cereals, as a dessert, added to savoury dishes, (eg. 'sweet n sour', curries, etc.).

AIM FOR FIVE (OR MORE) SERVINGS OF FRUIT AND/OR VEGETABLES DAILY

Nuts

There are many varieties available, all of which are good sources of fibre, and can be used as snacks, in cooking or in salads.

NB: Nuts must not be given to children under 5 years old, as they can cause choking.

Finally, a helpful tip, if you find you feel a little bloated or 'windy' when increasing your fibre intake, please do not worry - it is quite normal. If however you are uncomfortable, don't give up on the whole idea, just reduce the fibre a little and re-introduce it again more gradually.

Contact information

Department of Nutrition and Dietetics: 01935 384250

Notes:

If you would like this leaflet in another format or in a different language, please contact the hospital's communications department on 01935 384233 or email Communications@ydh.nhs.uk