THE IBD CENTRE OF BC

Lower Insoluble Fibre Diet

- A lower insoluble fibre diet may be needed if you have narrowed portions of your bowel (from adhesions or strictures), are recovering from ostomy surgery, or have frequent loose bowel movements
- Insoluble fibre is commonly found in whole grains, bran, legumes, nuts, seeds, peels/skins, and stringy and/or tough vegetables and fruits
- Cooking and blending/pureeing foods may help if symptoms persist despite sticking to the recommend foods

Food Group	Foods Recommended	Foods to Limit
Vegetables	• **Well cooked and without seeds and skins/peels:** asparagus tips, beets, broccoli head, carrots, cauliflower head, eggplant, garlic, jicama, potatoes (white and sweet), parsnip, pumpkin, rutabaga, squash, turnip, wax beans (green and yellow), zucchini • All vegetable juices • Small amounts of cooked diced onion, shallots • Other: cucumber, tomatoes, tomato sauce, roasted red pepper (all without skins and seeds)	• Artichoke, arugula, bamboo shoots, bean sprouts, beet greens, bok choy, Brussels sprouts, cabbage, celeriac, celery, collard greens, corn, fennel, fiddleheads, green onion, kale, kohlrabi, leeks, lettuce, mushrooms, okra, peas, peppers, radish, snap peas, snow peas, spinach, Swiss chard, watercress
Fruits	• **Without seeds, skins/peels and membranes:** apple, apricots, avocado, banana, grapefruit, mandarin oranges, mango, melon (cantaloupe, honeydew, watermelon), nectarines, oranges, papayas, peaches, pears, persimmon, plums • All fruit juices	• Blackberries, blueberries, cherries, coconut meat, cranberries, dragon fruit, figs, grapes, kiwifruit, olives, pineapple, pomegranate, raspberries, rhubarb, strawberries • All dried fruit
Milk and Alternatives	All milk, yogurt, kefir, cheese, and non-diary alternatives **not** containing nuts, seeds or restricted fruits	All milk, yogurt, kefir, cheese, and non-diary alternatives containing nuts, seeds or restricted fruits

Grain Products	• Breads, pastas, crackers and other baked goods made with the following refined flours: white, oat, chickpea/garbanzo/gram, corn, oat, tapioca, rice, arrowroot, sorghum, white spelt Avoid if have added nuts, seeds or dried fruit • Cereals: if made with the refined flours listed above Examples: Cheerios®, Corn Flakes®, Rice Krispies® • Hot cereal: instant oatmeal • Rice: white, converted, parboiled • Other allowed grains: barley, couscous	• Breads, pastas, crackers and other baked goods made with: whole wheat, whole grains, bran, cracked wheat/bulgur, teff, pumpernickel, nuts, seeds or dried fruit • Cereals: containing bran, whole wheat, whole grains, nuts, seeds or dried fruit • Hot cereal: steel cut oatmeal • Rice: brown, wild • Other grains to limit: quinoa, buckwheat, cornmeal, rolled oats, whole spelt, whole amaranth, whole millet
Meat and Alternatives	• Meat (choose lean if have strictures or adhesions), poultry, fish, seafood • Eggs • Tofu • Smooth hummus • Smooth nut and seed butters (peanut, almond, pumpkin, sunflower, tahini, hazelnut)	• Sausages or other processed meats with casings or skins • Legumes (beans, peas, lentils, edamame, tempeh) • Whole nuts and seeds • Chunky nut or seed butter spreads
Fats and Oils	• Butter, oils, margarine, mayonnaise, salad dressing (without seeds)	• Salad dressing with seeds
Desserts and Snack Foods	• Puddings, custards, ice cream, Jell-O, cheesecake, mousse, candies, marshmallows, chocolate with no nuts, seeds or dried fruit added • Baked goods made with allowed flours and no added nuts, seeds or dried fruit • Jellies, seedless jam, sugar and other sweeteners • Potato chips, cheesies, pretzels	• Desserts with nuts, seeds, dried fruit or restricted fruits • Jam with seeds or peels, marmalade • Popcorn, corn chips, corn nuts
Other	Ground spices Condiments: ketchup, mustard, vinegar, mayonnaise,	Relish, olives, pickles, chutney, whole spices

Sources: Hamilton Health Sciences Patient Education-Low Fibre Diet; Niagra Health System-Low Residue Diet