

Fibre in foods.

Fibre is great for our gut health, and a high fibre diet is what we aim for in the long term. At different times during cancer treatment and recovery, our bodies might need a lower fibre diet. For example, to give our gut a rest after surgery, or to manage diarrhoea.

When moving from a low fibre diet to a high fibre diet it is important to:

- Add high fibre options a little at a time
- Drink plenty of water to avoid constipation

Food group	Low fibre	High fibre
BREAD AND CRACKERS	<ul style="list-style-type: none"> • White bread, wraps and rolls • Plain biscuits and crackers • Plain, cheese and pumpkin scones 	<ul style="list-style-type: none"> • Wholemeal or multi-grain bread, wraps and rolls • “High fibre” white bread • Grainy biscuits and crackers • Fruit bread, scones with fruit or bran
CEREALS, GRAINS AND LEGUMES	<ul style="list-style-type: none"> • Cornflakes, Rice Bubbles, Special K, puffed rice, other refined packet cereals • White rice, sago, tapioca • Fresh cooked pasta, noodles 	<ul style="list-style-type: none"> • Wholegrain cereals e.g. muesli, Weetbix, all bran, oats/porridge • Brown rice, quinoa • Wholemeal or high fibre pasta • Psyllium husk • Baked beans, three bean mix, lentils, chickpeas
FRUIT <i>Note: peeling and thoroughly cooking fruits will decrease the fibre content.</i>	<ul style="list-style-type: none"> • Melons, peeled peaches and nectarines, cherries • Cooked or canned apple, canned fruit salad, canned lychee, canned mango, cooked or canned plums 	<ul style="list-style-type: none"> • Other fresh or canned fruit not on the “low fibre” list • Dried fruit and fruit with edible seeds (e.g. berries) are very high fibre
VEGETABLES <i>Note: peeling and thoroughly cooking vegetables will decrease the fibre content.</i>	<ul style="list-style-type: none"> • Salad vegetables like capsicum, cucumber (peeled), lettuce, tomato • Well cooked vegetables like onion, potato (peeled), pumpkin, carrot, zucchini, cauliflower, broccoli 	<ul style="list-style-type: none"> • Vegetables not on the “low fibre” list • Baked beans, three bean mix, lentils, chickpeas
DAIRY	<ul style="list-style-type: none"> • Milk, yoghurt, custard, cheese 	
MEAT AND MEAT ALTERNATIVES	<ul style="list-style-type: none"> • Beef, chicken, pork, fish • Tofu, eggs 	<ul style="list-style-type: none"> • Beans, peas and lentils • Nuts and seeds