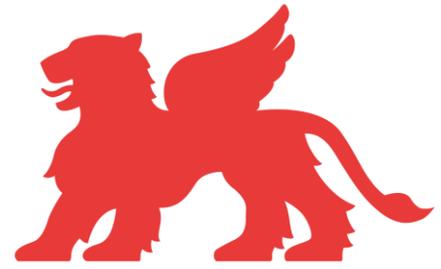


Patient Information Leaflet



ST MARK'S

HOSPITAL
FOUNDATION

**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:

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

<p>Miscellaneous</p>	<ul style="list-style-type: none"> • Butter, margarine, oil • Plain biscuits e.g. Rich Tea, Morning Coffee • Cakes, puddings and pastries made with white flour • Jelly, ice-cream, milk puddings, custard, sorbet • Honey, sugar, syrup, 'jelly' type jams, fine-cut marmalade • Tomato ketchup, brown sauce, mayonnaise • Salt, pepper, herbs, spices • Boiled sweets, chocolate, toffee or fudge without dried fruit or nuts • Tea, coffee, fruit squash, fizzy drinks, chocolate or malted milk drinks, Bovril, marmite 	<ul style="list-style-type: none"> • Wholemeal biscuits e.g. Digestives • Biscuits containing dried fruit or nuts e.g. Garibaldi, Fig Rolls • Cakes, puddings and pastries made with wholemeal flour, dried fruit or nuts • Flapjacks, cake, biscuits or puddings made with oats • Jams with seeds or skin, thick cut/chunky marmalade, sweet mincemeat • Pickles or chutneys • Sweets and chocolate with fruit or nuts, Muesli bars
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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.

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