

Cereal Fibre Free Foodplan

This foodplan is designed for people with irritable bowel syndrome to reduce symptoms. It is important that you recognise that you only have to omit cereal fibre, not refined cereals in general. You do not have coeliac disease, which is a completely different condition.

This foodplan needs to be followed carefully because if you are sensitive to cereal fibre, having even small amounts of it can upset the bowel for long period of time. After avoiding cereal fibre for about 3 months, you should be able to tell whether this is the right foodplan for you.

Foods Allowed	Foods Not Allowed
White bread	Brown, wholemeal, wholegrain, and rye breads and any with oats
White pasta	Brown, wholemeal or corn- based pastas
White flour (can be used in baking, sauces and stews), pastry	Wholemeal flour, oatbran or buckwheat, millet or cooking bran flakes
Cornflour, custard powder	
Rice Bubbles	
Cream Crackers, water crackers	Rolled oats, creamota, cornflakes, All Bran™, puffed wheat, muesli, or other wholegrain cereals
Biscuits made with white flour e.g. short-bread, Shrewsbury™, Chocolate Chippies™, malt or wine biscuits	Crackers containing kibbled wheat, rye or bran, crispbreads or Ryvita™, wholegrain rice wafers
Fruit leathers, potato chips	Digestive™ biscuits, bran biscuits, Krispies™
	Cereal bars such as muesli or breakfast bars, cornchips
Rice, white, jasmine or basmati	Up and Go™ or other drinks containing added fibre such as Fortisip Multifibre™
Couscous	Wholegrain rice, wild rice
	Nuts, all types including peanut butter and Nutella™
Milk, yoghurt, cheese and ice-cream	
Meat, Fish, Chicken, Eggs and legumes	Stews or casseroles with maize cornflour thickening
Fruit and Vegetables	

Other cereal fibres, besides wheat may cause you problems so initially it is best to also avoid maize (e.g. cornflakes), rye (e.g. rye bread) and oats (e.g. porridge). If you improve after the exclusion phase of 3 months, then you can introduce the maize, rye and oat fibres slowly, one at a time to see if they upset you.

Some people are also sensitive to nuts so these should be excluded for the first 3 months and then re-introduced.

Spicy foods are generally not a problem to eat.

Ensure you have good amounts of fluids daily. Aim for 6-8 cups daily. Avoid having large quantities of strong coffee. 2-3 cups of weak coffee daily is suggested.

Sample mealplan:

Breakfast: Rice-bubbles, raw or stewed fruit, milk or yoghurt
White Toast with butter/margarine, jam, honey or marmalade

Morning Tea: Plain biscuits or crackers

Lunch: Scrambled egg on white toast, or spaghetti on toast or white bread sandwiches or rolls
Yoghurt, Fruit

Afternoon Tea: Raw fruit or slice of cake made with white flour, pikelet or muffin (no bran)

Dinner: Meat, Fish or Chicken, gravies or sauces made with white flour or wheat cornflour
Potato, white rice or pasta
Vegetables

If you have other dietary modifications to follow e.g. diabetic diet, please ask for a referral to a dietitian.

Prepared by Gastroenterology and Dietetic Services, Capital and Coast DHB, 2007.

Based on information from Wythenshawe Hospital, Manchester, UK.