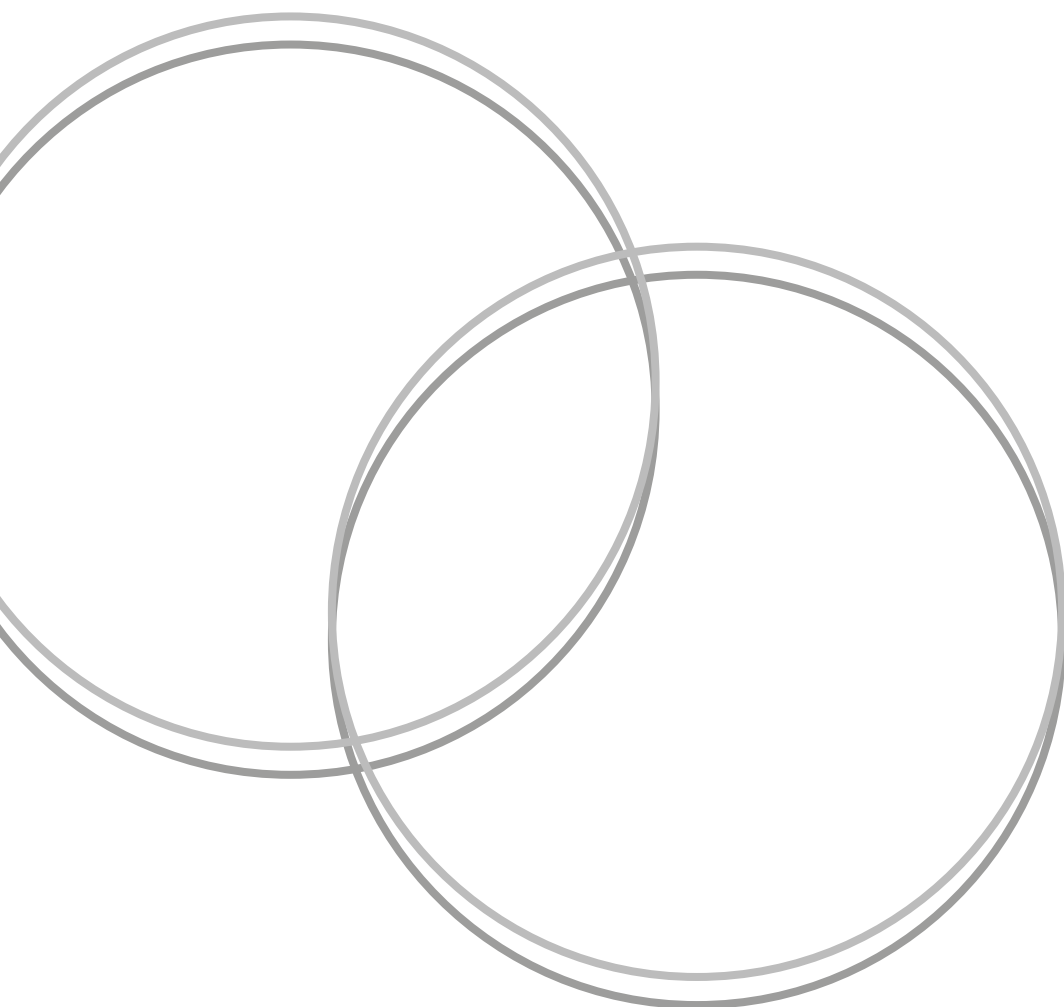




Oxford University Hospitals
NHS Foundation Trust

Dietary Fibre

Information for patients



What is Fibre?

Fibre (or roughage) is the part of food that passes through the gut undigested and forms the main bulk of our stools. Fibre is found in plant-based foods including fruit and vegetables, beans and pulses, cereals (especially wholegrains), nuts and seeds. The recommended dietary fibre intake in the UK is 30g per day.

The below table can help you identify the fibre content of a food whilst reading the label:

High fibre	Source of fibre	Low fibre
6g per 100g	3g or more per 100g	Less than 3g per 100g

The amount and type of fibre you require may depend on your health condition. A dietitian or healthcare professional can advise you further on this.

Types of Fibre

Fibre can be categorised into two types: soluble and insoluble fibre, although a lot of high fibre foods will contain a mixture of both. If you are increasing your fibre intake, this should be done gradually for better tolerance.

Soluble Fibre

Soluble fibre dissolves in water and forms a thick gel in our gut. It can help with constipation because of its ability to soften hard stools, which makes them easier to pass. It can also help with diarrhoea and urgency as the gel slows the movement of food through the gut. Foods that contain mostly soluble fibre include:

- Fruits without skin e.g. apple, pear, plum, peach, banana
- Root vegetables e.g. carrot, parsnip, squash, sweet potato
- Legumes and pulses e.g. kidney beans, chickpeas, lentils, peas
- Oats and oat bran
- Linseeds (flaxseeds) and chia seeds
- Psyllium husk

Insoluble Fibre

Insoluble fibre is found mainly in the outer shell of grains, seeds, skins, pips and pith. It is tougher and therefore does not dissolve in water. Instead, it remains in small particles which bulk up the stool and increase motility through the gut. Foods that contain mostly insoluble fibre include:

- Fruit and vegetable skins
- Fruit with pips and pith e.g. orange, kiwi, pomegranate, berries
- Dried fruits e.g. raisins, currants
- Stringy vegetables e.g. celery, bean sprouts, asparagus, green beans
- Vegetables with tough skins, such as peas and sweetcorn
- Mushrooms
- Raw vegetables
- Wholegrain products e.g. bread, pasta, brown rice, quinoa, breakfast cereal (All Bran, Branflakes, Shredded Wheat)
- Nuts and most seeds

The following table lists common high fibre and low fibre foods*

Low fibre	High fibre
Fruit	
Peeled and deseeded fresh, tinned or stewed fruit: • Apple • Apricot • Banana • Guava • Mango • Melon (e.g. cantaloupe, honeydew, Galia) • Nectarine • Papaya • Peach • Plum • Watermelon Other: • Fruit juice without bits • Fruit sauce and coulis without skins and pips, e.g. apple sauce, sieved raspberry coulis • Pureed, stewed, and cooked fruit (without skin or pips)	Fresh fruit with skin, seeds or stringy texture: • Ackee • Berries (e.g. blackberry, blueberry, raspberry, strawberry) • Blackcurrant • Cherries • Citrus fruit (e.g. clementine, easy peeler, mandarin, orange, satsuma) • Grapefruit • Grapes • Jackfruit • Kiwi • Longan • Lychee • Passion fruit • Pineapple • Pomegranate • Redcurrant • Rhubarb Other: • Dried fruit • Fruit juice with bits • Smoothies

Low fibre	High fibre
Vegetables	
Peeled, deseeded and well-cooked vegetables: • Aubergine • Avocado • Broccoli (florets only) • Butternut squash • Cabbage (white, green, red) • Carrot • Cauliflower (florets only) • Celeriac • Courgette • Cucumber • Daikon/Mooli • Kimchi • Marrow • Onion (well-cooked to a paste) • Parsnip • Patty pan • Pepper • Pumpkin • Sauerkraut • Squash • Swede • Swiss chard (leaves only) • Tomato (without skin or pips) • Tomato passata • Turnip • Wild garlic Other: • Purees (e.g. garlic, tomato, ginger, chilli, lemongrass, horseradish) • Smooth vegetable soup made with allowed vegetables	Vegetables in cooked or raw form: • Artichoke • Asparagus • Baby corn • Bean sprouts • Beans (e.g. French, green, runner, Edamame, soya, broad) • Beetroot • Bok choy • Brussel sprouts • Cabbage (savoy, sweetheart) • Cavolo nero • Celery • Chicory • Chilli (fresh or dried) • Endive • Fennel • Garlic • Ginger • Kale • Kohlrabi • Leek • Lemongrass • Lettuce (all types) • Mangetout • Mushrooms • Olives • Okra • Onion (raw, undercooked, whole, pickled) • Pak choi • Peas • Radish • Rocket • Salad leaves • Samphire • Seaweed (e.g. nori) • Shallots • Spinach • Spring greens • Spring onion • Sugar snap peas • Sweetcorn • Tomatoes (with skins and pips) • Wasabi peas • Watercress Other: • Raw vegetables • Soup with whole vegetables and beans e.g. minestrone • Tough stalks of vegetables e.g. broccoli, cauliflower

Low fibre	High fibre
Pulses, nuts and seeds	
• Nut butter (smooth) • Tahini *Assuming average portion sizes e.g. 1tbsp nut butter or tahini.	• Beans, e.g. baked beans, borlotti, cannellini, kidney, soya • Chickpeas • Falafel • Hemp (seeds, powder) • Hummus (smooth) • Lentils, e.g. brown, green, red, Puy • Nut butter (crunchy) • Whole/crushed nuts e.g. almond, cashew, hazelnut, macadamia, peanut, pecan, pine nut, walnut • Seeds e.g. chia, hemp, linseed, poppy, pumpkin, sesame, sunflower • Yellow split peas
Breakfast cereals	
• Rice Krispies ®, Cornflakes ®, Cocopops ®, Frosties ®	• Wholemeal, wholegrain and bran cereals e.g. All Bran ®, Branflakes ®, Weetabix ®, Shredded Wheat • Special K and Cheerios ® • Cereals containing dried fruit, seeds or nuts, e.g. Crunchy Nut Cornflakes ®, Fruit n Fibre ®, • Granola and Muesli, • Porridge or rolled oats • Ready Brek ®

Pulses, nuts and seeds

• White bread • White sourdough bread • Bread products made from white flour, e.g. bagels (plain), baguette, brioche, crumpets, English muffins, pancakes, pastries (without fruit or nuts), pitta bread, rolls, scones (plain and cheese), Scotch pancakes, tortillas (plain), waffles, wraps, croissants • Flours: corn flour, plain, potato, rice, self raising, spelt (white), strong white, white bread flour	• 50:50 bread, Best of Both ®, brown, granary, rye, seeded, wholemeal • Bread products with nuts, seeds or dried fruit, e.g. fruit scone, tea cake, hot cross bun • Flours: bran, buckwheat, chickpea, granary, wholemeal, rye, cornmeal
Low fibre	High fibre

Potato, rice, pasta and grains

• Gnocchi (white) • Grains: buckwheat, white couscous • Hash browns (plain) • Noodles, e.g. egg, rice, soba, udon, vermicelli • Pasta: white, spelt • Pizza base (white) • Polenta • Potato (no skin) • Rice: basmati, jasmine, long grain, paella, risotto, white • Sago • Semolina • Sweet potato (no skin) • Tapioca • Yorkshire pudding	• Amaranth • Bulgur wheat • Freekeh • Farro • Brown and wild rice • Brown and wholemeal pasta • Millet • Quinoa • Wholewheat couscous
--	---

Dairy and plant-based alternatives

- | | |
|--|--|
| <ul style="list-style-type: none"> • All types of milk, e.g. cow's, goat's, sheep's • All milk alternatives, e.g. almond, cashew, coconut hazelnut, hempseed, oat, rice, pea protein, soya • Buttermilk • Cheese without dried fruit or nuts • Cream, e.g. crème fraîche, double, single, sour • Cottage cheese • Custard • Ice-cream and sorbet (smooth) • Mousse • Vegan cheese • Yogurt (smooth) | <ul style="list-style-type: none"> • Cheese containing dried fruit or nuts • Ice-cream and sorbet with fruit pieces or nuts • Yoghurt with fruit pieces or nuts |
|--|--|

Meat, fish, eggs, and plant-based sources of protein

- | | |
|--|--|
| <ul style="list-style-type: none"> • All varieties of meat and meat products • All varieties of fish without bones • Eggs • Liver and offal • Meat and fish pies made with white pastry • Meat and fish pate • Seitan • Tofu | <ul style="list-style-type: none"> • Alternative meat products, e.g. Beyond meat, Birds Eye, Quorn, Richmond • Any meat and fish cooked with wholemeal flour or breadcrumbs • Falafel • Meat and fish pies made with wholemeal pastry • Nut roast or meatloaf with nuts and seeds • Soya mince • Tempeh |
|--|--|

Low fibre	High fibre
Sweet snacks	
• Boiled sweets, mints • Biscuits made with white flour and without dried fruit or nuts, e.g. Biscoff, bourbon cream, club, custard cream, ginger nut, malted milk, Nice, Oreo, Penguin, wafers, rich tea, shortbread, sponge fingers • Cake made with white flour or polenta without dried fruit or nuts • Chocolate bars without dried fruit or nuts • Chocolate and hazelnut spreads, Nutella • Halva (no nuts) • Jaffa cakes • Jelly or milk jelly • Jelly sweets • Marshmallows • Milk or white chocolate	• Biscuits containing dried fruit e.g. fig rolls, Garibaldi • Cakes made with dried fruit or nuts • Cakes made with wholemeal flour • Cereal bars/breakfast bars, e.g. Belvita, Nutrigrain, Nature valley, Eat Natural, Nakd • Chocolate and chocolate bars with dried fruit or nuts • Flapjack • Jelly made with fresh fruit • Mince pies • Wholemeal and wholegrain biscuits, e.g. Digestives, Hobnobs
Savoury snacks	
• Breadsticks • Crackers made with white flour and without seeds • Crisps • Poppadoms • Rice cakes	• Bombay Mix • Breadsticks with seeds • Crackers and crispbreads made with wholemeal flour and seeds • Dried seaweed • Popcorn • Tortilla chips • Vegetable, lentil and quinoa crisps

Sauces, condiments, and flavourings

- | | |
|---|---|
| <ul style="list-style-type: none">• Chutney (smooth)• Dressings (smooth)• Dried herbs• Honey• Golden syrup• Gravy• Nutritional yeast• Miso paste• Powdered spices• Salt and pepper• Smooth sauces e.g. tomato ketchup, mayonnaise, soy sauce, sriracha, tartare• Smooth spreads e.g. butter, yeast extract, smooth jam or marmalade• Wasabi paste | <ul style="list-style-type: none">• Coleslaw• Chutney, pickles and relish• Fresh herbs• Jam with seeds• Marmalade with peel• Sweet chilli sauce• Wholegrain mustard |
|---|---|

Please note some high fibre foods can be modified to make them suitable for a low fibre or low residue diet – please discuss further with your dietitian or healthcare professional.

A Low Residue Diet

If you have a narrowing (strictures) in your bowel or are at risk of blockages, you may be asked to follow a low residue diet alongside a low fibre diet. This reduces intake of foods which are difficult to digest. You should follow a low fibre diet as above but also avoid the following:

- Tough meats (e.g. steak)
- Processed meats with casings, skins or gristly pieces (e.g. sausages, burgers, chorizo)
- Fish with edible bones (e.g. tinned sardines, whitebait)
- Reheated starchy foods such as potatoes, rice and pasta

Chewing food well and eating slowly will further help digestion and minimise risk of obstruction.

Low Fibre Sample Menu

Breakfast

Low fibre breakfast cereal with fruit juice (no bits) e.g. Rice Krispies®, Cornflakes® (1g fibre)

White toast or croissant with spread e.g. honey, smooth jam, Marmite (1g fibre)

Cooked breakfast with eggs, bacon, and hash browns (2g fibre)

Greek yoghurt with suitable fruit e.g. nectarine (no skin) or melon (1g fibre)

Lunch

White bread sandwich or panini with filling e.g. ham, chicken, cheese (2g fibre)

Smooth soup with white roll and butter (3g fibre)

Jacket potato (no skin) with butter/cheese/tuna (3g fibre)

Omelette with cheese or ham (0g fibre)

Dinner

Meat or fish (no skin or bones) with carrot and swede mash, and peeled potatoes (8g fibre)

Pasta with smooth tomato/cheese sauce, chicken/tuna/cheese, and suitable vegetables (3g fibre)

Curry with smooth tomato/coconut sauce, chicken/fish/paneer, suitable vegetables and white rice (3g fibre)

Chicken or tofu with smooth sauce (soy/teriyaki/sweet and sour), suitable vegetables and white rice (3g fibre)

Snacks

Smooth yoghurt with peeled tinned fruit (1g fibre)

Banana (ripe) or jelly and custard (1g fibre)

Plain scone with smooth jam (1g fibre)

Smooth pate or cheese and crackers (1g fibre)

Boiled eggs and low-fat cheddar (0g fibre)

Crisps or poppadom with smooth mango chutney (1g fibre)

High Fibre Sample Menu

Breakfast

Porridge or high fibre breakfast cereal (Weetabix®, Fruit n Fibre®), topped with fruit (4g fibre)

Wholemeal toast with peanut/almond butter and jam or sliced banana (4g fibre)

Cooked breakfast with eggs, baked beans, grilled tomato and mushroom (11g fibre)

Greek yoghurt with berries, granola/muesli, and mixed seeds (6g fibre)

Lunch

Wholemeal sandwich with ham/chicken/cheese and salad (4g fibre)

Lentil and vegetable soup with wholemeal roll and butter (7g fibre)

Jacket potato (with skin) with cheese/tuna (6g fibre) or baked beans (16g fibre)

Omelette with feta/ham, cherry tomatoes, spinach, and pepper (3g fibre)

Dinner

Meat or fish with vegetables and skin-on roast potatoes (7g fibre)

Lentil Bolognese with wholewheat pasta and side salad (13g fibre)

Dahl or chickpea curry with brown rice (9g fibre)

Chicken or tofu with stir fried vegetables and wholewheat noodles or brown rice (10g)

Snacks

Dried fruit and nut mix (2g fibre)

Rye crispbread with cream cheese and sliced cucumber/tomato (4g fibre)

Carrot/cucumber/celery sticks with hummus (5g fibre)

Homemade popcorn (3g fibre)

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

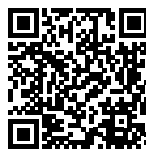
Author: Dietetics team

August 2026

Review: August 2029

Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

**Oxford
Hospitals
Charity**