

Guide for selecting low fibre and clear fluid diet options

This is only a general guide and DOES NOT account for an individual's specific food allergies.

Guide for selecting low fibre options

Food group	Allowed	Not allowed
Breads and cereals	Any product made with white flour ONLY: Breads, sourdough breads, English muffins crumpets, wraps, rolls, bagels, croissant, rice and wheat crackers, plain biscuits, cakes, pancakes, pikelets, pretzels Any refined grain: white rice, instant noodles, pasta, processed cereals (rice bubbles, cornflakes, semolina), pappadums.	Any product containing wholemeal (brown), multigrain, wholegrain, rye flours, oats, bran seeds, nuts, nut meal, fruit and coconut: e.g. breads, English muffins, crumpets, rolls, wraps, naan or roti, specialty breads with seeds on top, crackers (rice and wheat), biscuits, cakes, muffins, pasta, cereals, muesli bars, fruit breads, pastries etc. Any whole grain product: brown rice, wild rice, couscous, polenta quinoa, chia, bran and oats.
Fruit Limit to 1 cup per day	NO SKINS OR SEEDS Stewed or canned apple, canned pears and peaches, pawpaw, rockmelon, watermelon. Strained fruit juice.	NO SKINS OR SEEDS All other fruits. All dried fruit and nuts.
Vegetables Limit to 1 cup boiled or steamed vegetables per day	NO SKINS OR SEEDS Potato, pumpkin, button mushrooms, cauliflower tips, lettuce, marrow, zucchini, squash, choko and asparagus tips.	NO SKINS OR SEEDS All other vegetables including salad vegetables.
Dairy products	Dairy, soy, almond, powdered or evaporated milk. Plain, vanilla or non-fruit flavoured yoghurt. Cheese. Butter and margarine. Vanilla ice-cream, custard, cream, sour cream, rice pudding and condensed milk.	Dairy foods with added ingredients such as fruit, herbs peppercorns, nuts, oats. Oat milk
Meat and Protein foods	Plain beef, lamb, veal, pork, chicken, fish, shellfish and eggs.	Hamburger mince, lasagne, bolognaise sauces, savoury mince or any meat dishes which have vegetables or fillers. Legumes: e.g. lentils, kidney beans, chickpeas or barlotti, baked beans or any other legumes. Tofu.
Beverages	Water, tea, herbal teas, and coffee Soft drinks, cordials and sports drinks Clear broths and strained soups	Unstrained fruit juices Coconut water (many contain added fibre) Milo

Food group	Allowed	Not allowed
	Plain milk, Ovaltine and Nesquick/Breaka drinks	NO RED, PURPLE, GREEN or BLUE COLOURED DRINKS OR JELLY
Other	Sugar, honey, and Vegemite Plain ice blocks, plain lollies, plain chocolate	Pies, quiches, spices, curry, pastry foods, jams, marmalade, peanut butter, dried fruit and nuts, pickles, popcorn, potato chips, seeds, chocolate with fruit, coconut or nuts.

Guide for selecting clear fluid diet options

Allowed	Not allowed
<ul style="list-style-type: none"> • water • herbal tea (provided not red/purple/blue/green) • clear broth or Bonox/stock cube in warm water (strained) • strained apple juice (no pulp/not cloudy) • soda water • ginger beer/ale and lemonade • lemon/orange cordial • lemonade ice-blocks • yellow/orange sports drinks • yellow/lemon electrolyte replacement drinks (e.g. hydrolyte) • jelly (provided not red/purple/blue/green) 	<ul style="list-style-type: none"> • Solid food • Cloudy fluids • Milk drinks including in tea/coffee • Fluids that have sediment or floating solids • Brightly coloured liquids (e.g. red/purple/blue/green) as these will stain the bowel