

KKC Diet Information

This diet sheet provides you with the information to follow a low fibre and low gas diet. Lowering the amount of fibre that travels through the bowel can be helpful when the bowel is irritated, inflamed or narrowed. Reducing the amount of gas in your bowel is also important for your treatment.

This diet should only be followed short term, because fibre is an important part of your diet. We recommend following the diet when you are told to do so by radiotherapy staff.

The following list shows some foods to avoid. Certain foods may cause more gas (flatulence/farts) than others, in certain people, so if you find you are gassy after eating a certain food, eliminate it from your diet and see if it helps.

All packaged foods have a nutrition information panel that can assist you with choosing lower fibre foods. A low fibre food has less than 2g of fibre per 100g of food.

General advice to help prevent intestinal gas:

- Avoid foods you know personally cause you gas
- Eat consistent meals (i.e. breakfast, lunch and dinner)
- Eat slowly
- Chew food well
- Avoid using drinking straws when consuming fluids to reduce air intake
- Avoid chewing gum, as air can be swallowed while chewing
- It may help to take a short walk after eating

Breads, cereals, rice, pasta, noodles

Foods to choose	Foods to avoid
<ul style="list-style-type: none"> • White bread, crumpets, scones, English muffins, white pita bread or panini, bagels, plain naan bread or chapati • Refined breakfast cereals e.g. Rice bubbles, cornflakes • White rice, pasta, sago, tapioca, semolina, couscous, noodles • White flour, cornflour • Plain sweet biscuits (e.g. milk arrowroot) or plain savoury biscuits (e.g. Snax, water crackers) muffins/cakes • Tinned spaghetti 	<ul style="list-style-type: none"> • Wholemeal/wholegrain bread, fruit bread, rye bread • Wholegrain breakfast cereals or any with dried fruit, nuts or coconut (e.g. Muesli, All-Bran, Weetbix) • Oats (porridge) • Quinoa, buckwheat, barley • Muesli bars • Brown rice, wild rice, wholemeal pasta, lentil/pulse pasta • Wholemeal flour, wheat germ • Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut

Dairy and milk alternatives

Foods to choose	Foods to avoid
<ul style="list-style-type: none">• All varieties of milk• Plain yoghurt, custard, plain cheese, ice cream• Flavoured milk	<ul style="list-style-type: none">• Any dairy containing dried fruit, nuts, fruit pieces or coconut

Vegetables

Foods to choose	Foods to avoid
Ensure vegetables are peeled and well-cooked where able: <ul style="list-style-type: none">• Potato, sweet potato, pumpkin, squash, carrot, zucchini, parsnip, beetroot, yam• Asparagus tips, mushrooms• Tomato tinned/puree/paste• Shredded lettuce• Tomato and cucumber with seeds and skin removed• Avocados• Capsicum	<ul style="list-style-type: none">• All other vegetables

Fruit

Foods to choose	Foods to avoid
<ul style="list-style-type: none">• Pawpaw and melons (e.g. watermelon) – remove seeds• Well-cooked fruit (no skins or pips)• Canned fruits (except pineapple, prunes, grapes)• Fruit juice without pulp• Berries• Kiwifruit• Banana• Citrus fruits	<ul style="list-style-type: none">• Fruit with skins or pips• Fruit with fibrous texture e.g. apples, pears, pineapple• Canned pineapple• Dried fruit• Fruit juice with pulp• All other fruit not listed in “foods to include” section

Meat, fish, chicken, eggs, nuts, legumes/lentils, meat alternatives

Foods to choose	Foods to avoid
<ul style="list-style-type: none">• Any tender soft meat, chicken (no skin), fish• Tofu and soy products• Eggs – boiled, scrambled or poached	<ul style="list-style-type: none">• Legumes (e.g. baked beans, lentils, soy beans, kidney beans, chickpeas)• Nuts and seeds• Nut and seed butters (e.g. peanut butter, tahini)

Drinks

Drinks to choose	Drinks to avoid
<ul style="list-style-type: none">• Water (not sparkling)• Milk/flavoured milk• Strained fruit juice• Cordial• Tea/coffee	<ul style="list-style-type: none">• Soft drink(fizzy), kombucha• Beer/Cider/Sparkling beverages• Prune juice• Juices with pulp

Fats and Oils

Foods to choose	Foods to avoid
<ul style="list-style-type: none">• All fats including butter, margarine, oils	<ul style="list-style-type: none">• None restricted

Miscellaneous flavourings, sweets and snacks

Foods to choose	Foods to avoid
<ul style="list-style-type: none">• Sugar, honey, syrups• Jam without seeds/skin• Smooth peanut butter• Boiled lollies, soft lollies• Plain chocolate• Soup made from allowed ingredients• Plain sauces, gravy, salt, pepper, dried herbs and spices• Pretzels, potato chips• Plain cakes/scones/donuts/sweet biscuits/muffins• Ice blocks	<ul style="list-style-type: none">• Jam with seeds/skin, marmalade• Popcorn, corn chips• Coconut• Chocolate with nuts and fruit• Cakes/biscuits/muffins with dried fruit/nuts/seeds/coconut• Chutney and pickles• Any fibre supplements (e.g. Metamucil, psyllium husks, wheat germ, unless prescribed by your Radiation Oncologist)• Added artificial sweetener• Artificially sweetened foods and drinks including chewing gum and mints

Sample meal and snack ideas

BREAKFAST

- Rice bubbles with milk
- White toast/crumpets with topping e.g. margarine/butter/honey/jam/vegemite
- Eggs with white toast/sourdough bread + cheese

LUNCH

- Tender meat/chicken/fish/eggs + allowed vegetables (peeled and well cooked)
- White bread sandwich with filling (e.g. tender meat/chicken/tuna/egg/cheese)
- White bread sandwich with spread (e.g. butter, honey, jam)
- White rice or pasta

DINNER

- Soup (made with allowed vegetables)
- Tender meat/chicken/fish/eggs + allowed vegetables (peeled and cooked)
- White rice/white pasta

- Dessert made from allowed foods (jelly, icecream, stewed fruit, custard)

SNACKS

- Allowed fruits
- Yoghurt, custard, cheese
- White crumpets/pikelets made with white flour
- Boiled egg
- Plain sweet or savoury biscuits (no dried fruit/nuts/seeds/coconut)
- Plain sweet muffin (no dried fruit/nuts/seeds/coconut)
- Flavoured milk

Please note that alcohol worsens some side effects during radiotherapy so please check with your doctor as to whether you can drink alcohol during your treatment.