



Patient Dietary Advice – High Fibre Diet

You have been advised to increase the amount of fibre in your diet to help improve your symptoms. A high fibre diet is often used to help with constipation.

Constipation can be a common problem for people with kidney disease due to dietary restrictions, fluid restrictions, reduced physical activity and some medications. Constipation can make you feel uncomfortable and may affect your appetite if it's not addressed. Increasing the amount of fibre in your diet will help to promote a regular bowel habit.

What is fibre?

Dietary fibre (or roughage) is the indigestible portion of food derived from plants. Fibre is important for general good health but particularly for the normal functioning of the bowel.

How much fibre should I have?

Government guidelines recommend our dietary fibre intake should increase to 30g a day, as part of a healthy balanced diet.

Top tips to increase fibre

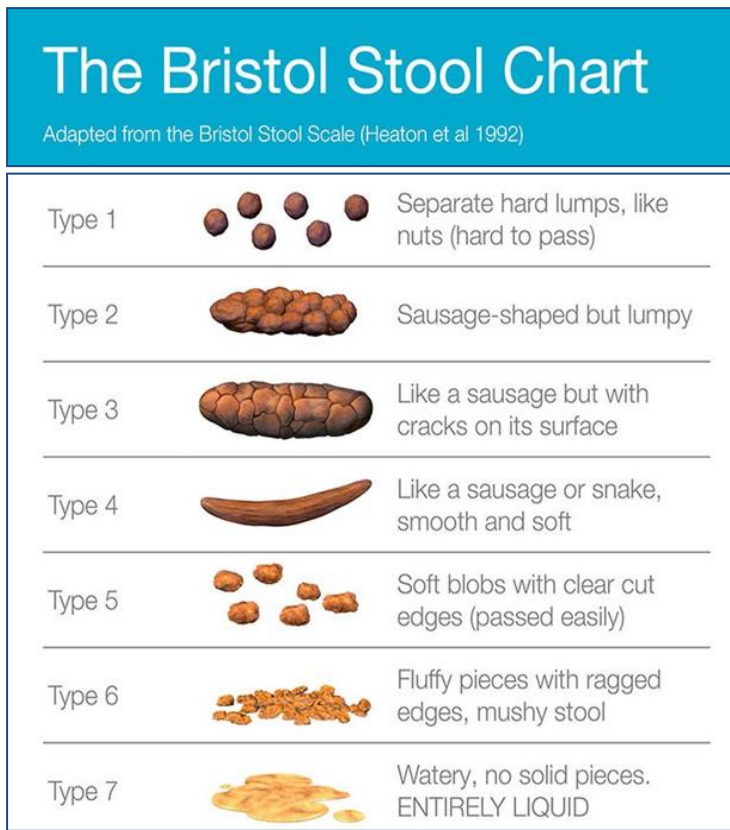
- Gradually increase the amount of fibre you eat.
- Choose wholemeal or granary bread instead of white bread.
- Choose wholegrain breakfast cereals such as Bran Flakes, Weetabix, Shredded Wheat, Shreddies and porridge.
- Try wholewheat pasta and brown rice instead of white versions.
- Choose wholewheat or oat crackers and biscuits, such as digestives and oatcakes.
- All pulses, such as peas, lentils, chickpeas, broad beans, kidney beans, sweetcorn and baked beans are good sources of fibre. If you follow a low potassium diet, tinned lentils and chickpeas are lower in potassium.
- Aim to eat at least five portions of fruit and vegetables per day unless you are following a low potassium diet (then limit this to four portions). Fresh and frozen fruit and vegetables are suitable.

What else can I do to keep my bowels regular?

- Increase your physical activity.
- Try to keep a routine and give yourself plenty of time to use the toilet.
- Drink enough fluids (within your fluid allowance if you have to limit fluid intake).
- You may need to take medication (laxatives) to prevent constipation – ask your GP, nurse or dietitian which laxatives are recommended for patients with kidney disease.

How do I know if I am constipated?

There is a large range of normal bowel habit, from 2-3 times per day, to 2-3 times per week. It is the change to your usual pattern of opening your bowels, and the hardness and pain passing the stools that defines constipation.



➤ Type 1, 2 or 3 on the Bristol stool chart show some level of constipation, with Type 1 the most severe.

Examples of how to increase your fibre intake:

Meal	Low fibre choices	Low fibre content	High fibre choices	High fibre content
Breakfast	30g cornflakes with semi-skimmed milk	0.9g	2 Weetabix biscuits with semi-skimmed milk	4.4g
Light meals	Sandwiches made with white bread/wrap/roll	1g	Sandwiches made with wholemeal bread/wrap or roll, include salad in filling	6g
Main meals	Chicken curry with potatoes and onions, served with white rice	2.5g per serving	Chicken curry with potatoes, onions and mixed vegetables, served with brown rice	12.5g per serving
Snacks	2 cream crackers with cheddar cheese	1g	2 oat cakes with cheddar cheese Apple Orange	2g 3g 3g
Total fibre		5.4g		30.9g

Fibre content of common foods

By being more aware of how much fibre is in the food you eat, you can easily increase the amount of fibre in your diet by making small changes. **Ask your renal dietitian for more information on the fibre content of foods to help you count your fibre.**

Fruit

* = Higher in potassium



	Portion size	Amount of fibre
Apple/pear/orange	100g	2.4g
Orange	100g	2.3g
Raspberries	90g or 18 berries	3g
Fresh pineapple	95g or 1 slice	1.5g
Strawberries	95g or 8	1.4g
Cherries	70g or 18	0.8g
*Dates	10g or 1	0.5g
*Dried fruit	15g or ½ tablespoon	0.5g
Melon	80g or 2cm slice	0.5g
Mango	85g or ½ fruit	3.3g
*Papaya	50g or ½ cup	1g
*Grapes	75g	0.7g
Peach	90g	1.8g

Vegetables

* = Higher in potassium



	Portion size	Amount of fibre
Asparagus	70g or 3 spears	1.3g
Broccoli	90g or 2 florets	2.8g
Cabbage	130g	3.5g
Carrots	95g or 2 tablespoons	2.9g
Cauliflower	130g or 6 florets	2.8g
Courgette	70g or ½	1.1g
Cucumber	110g or 18 slices	0.9g
Green beans	95g or 15	3g
*Peas	60g or 2 tablespoon	3.6g
*Parsnip	45g or 1 tablespoon	2.8g
Runner beans	115g or 20	2.9g
Sweet corn	110g or 1 cob	8.2g
*Tomato	60g or 1 small	0.8g

Starchy foods

* = Higher in potassium



	Portion size	Amount of fibre
Brown bread	2 slices	3g
Wholemeal bread	2 slices	4.2g
Wholemeal roll	1 roll	2.6g
Granary bread	2 slices	3.2g
Porridge - cooked with water	200g	2.4g
*All bran flakes	25g	3.8g
Shreddies	45g	5g
Weetabix	2 biscuits	4.4g
Brown rice - boiled	100g	1.1g
Wholemeal pasta - boiled	100g	3.6g
Sweet potato-boiled	50g	1.5g
*Bran muffin	40g or 1 small	4.3g
*Jacket potato	¼ potato	0.7g

Beans and pulses

* = Higher in potassium



	Portion size	Amount of fibre
*Baked beans	25g or ½ tablespoon	1.2g
*Broad beans	55g or 1 tablespoon	4g
*Butterbeans	50g or 1 ½ tablespoon	10g
Chickpeas (tinned)	140g or 4 tablespoons	7.7g
Hummus	80g or 2 tablespoons	2.6g
*Lentils	75g or 2 tablespoons	1.9g

Good to know...



- ✓ You can have fresh, tinned or frozen fruit and vegetables
- ✓ Whole wheat products are higher in fibre but also higher in potassium – ask your renal dietitian for advice on portion sizes to limit your potassium intake.

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