

## **CEREAL FIBRE FREE DIET**

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.

### **Foods free of cereal fibre:**

- ♣ White bread
- ♣ White pasta
- ♣ Anything made with white flour e.g. biscuits (e.g. rich tea), cakes, sauces
- ♣ Rice Crispies
- ♣ Cream crackers

### **Foods to be avoided:**

- ♣ Brown bread including wholemeal or granary bread
- ♣ Brown pasta
- ♣ Anything made with wholemeal or brown flour
- ♣ All cereals except Rice Crispies
- ♣ Bran
- ♣ Digestive biscuits
- ♣ Crisp breads
- ♣ Cereal bars

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

Other cereal fibres may cause 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 (3 months) then you can introduce these other cereals, if you wish, to see if they upset you.

Some people are also sensitive to nuts and if you are a person who eats nuts you should also exclude nuts for the first three months and then re-introduce them, if you want to test if these were causing problems

Spicy foods seldom cause problems.