

Department of Paediatric Gastroenterology, Hepatology and Nutrition

Advice for managing your diet with a stricture

If you have a narrowing or stricture in your small bowel you can have symptoms of bloating, feeling sick, poor appetite or pain. You can help these symptoms by changing your diet to avoid foods that are difficult to digest and by choosing foods that pass through the narrowing more easily.

Dietary fibre and residue are the parts of food which are not fully digested but continue to pass down the gut, through the small intestine, and into the large bowel. A strict low fibre diet is not usually required, but indigestible foods containing large amounts or 'lumps' of fibre that pass through the intestine unchanged should be avoided.

The following list indicates foods you can eat and those that should be avoided.

Foods you can eat	Foods to avoid
Fruits	
Any canned fruit which does not contain pips such as mandarins, peaches, pears, grapefruit Fruit juices Any stewed, peeled fruit Ripe bananas, peeled pears and apples	All other fresh, uncooked fruit Dried fruit
Vegetables	
Vegetable juices Canned tomatoes (without pips) Small portions of boiled, well cooked vegetables (without skins, pips or stalks) for example marrow, pumpkin, cauliflower, broccoli, parsnip, swede, turnip, carrot and courgette. Lettuce or cucumber (no skin or seeds)	All other vegetables not listed Any raw or undercooked vegetables Salad vegetables and pickles Avoid all types of pulses for example baked beans, chickpeas, lentils

Foods you can eat	Foods to avoid
Potatoes, bread, flour, biscuits and cakes	
Potatoes (without skins), boiled or mashed Soft varieties of crisps such as Skips, Wotsits, Quavers White bread, white flour products (including biscuits/cakes/scones) Wholemeal bread/brown bread and flour products (if you suffer from diarrhoea/loose stools, wholemeal products are best avoided)	Crispy roast potatoes Hard crispy bits of chips Standard potato crisps Any bread or flour products containing grains, seeds, dried fruit such as Mighty White or granary bread, fruit scones
Cereals	
Cornflakes, Rice Krispies, Ready Brek, porridge, Weetabix	Wholegrain cereals for example Allbran, Branflakes, Shredded Wheat Any cereal containing fruit or nuts for example muesli
Rice and pasta	
White rice or pasta	Brown or wild rice, wholemeal pasta
Dairy products and eggs	
Milk and other dairy products except (see ' foods to avoid ' opposite) Eggs – boiled, poached, scrambled, omelette	Cottage cheese containing vegetable pieces Muesli yogurts Ice cream containing nuts Fried eggs
Meat, fish and poultry	
Minced tender meat, poultry without skin Well cooked tender meat for example in casseroles Fish without bones or skin Skinless sausage Sausage rolls (made with white flour)	Course, large, or fibrous pieces of meat Meat skin and gristle Fish bones and skin such as canned salmon, sardines
Desserts and puddings	
Any dessert or pudding except (see ' foods to avoid ' opposite)	Desserts, puddings or pies containing dried fruit, fruit peel or nuts
Jams, preserves and spreading fats	
Seedless or jelly jams Rindless marmalade Honey Lemon curd Sugar Butter, margarine Oil	Coarse, thick, medium or thin cut marmalade Jam with pips or seeds
Foods you can eat	Foods to avoid

Nuts	
None, except smooth peanut butter	Avoid all whole nuts or nut pieces
Drinks	
Tea, coffee, mineral or tap water, squash, fizzy drinks, hot chocolate, malted drinks, fruit smoothies	None
Miscellaneous	
Salt, pepper, herbs, boiled sweets, chocolate (no fruit or nuts), tomato purée, all sauces and flavourings	Pickle and chutney

If you have lost weight or are not managing to eat well please contact your doctor, nurse or dietitian.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

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Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

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Authors	Julia Smith
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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