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HIGH FIBRE / LOW FAT DIET

It is important to include foods such as full grain breads, vegetables and fruit in your diet. Lack of dietary fibre may cause constipation. Plenty of fibre is therefore essential to a healthy diet and has been shown to reduce the risk of bowel cancer.

FIBRE RICH FOODS

VEGETABLES

Artichoke, asparagus, bean sprouts, beets, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, corn, cucumber, eggplant, endive, kohlrabi, leeks, lettuce, greens (all varieties), green beans, all other beans, lentils, mushrooms, okra, onions, parsley, parsnip, peas (all varieties), peppers, potatoes (white, sweet, with skin), radish, rhubarb, sauerkraut, spinach, squash, tomato, turnip, watercress

FRUITS

Apple, apricot, banana, berries, cherries, dates, figs, lemon, orange, grapefruit, pear, pineapple, plum, dried fruit such as apricot, raisins, dates, figs and prunes

CEREALS

Bran cereals, oatmeal, rice cereals, shredded wheat, whole wheat cereals, wild rice, brown rice

BREADS

Bran bread, corn bread, cracked wheat, oatmeal, pumpernickel, rye, buckwheat, whole wheat (100%)

BISCUITS

Whole wheat, rye crisps

MUFFINS

Bran, cornmeal, oatmeal

MEATS / BUTTER / MILK

Avoid fatty fried meats / Minimise butter, cream, margarine, high fat cheese / Do not exceed 300 mls milk, 200 gms yoghurt, 30 gms cheese per day