

# **LOFFLEX**

**Low Fat / Fibre Limited Exclusion Diet  
for Crohn's Disease**

Name: .....

Date: .....

Dietitian: .....

Tel: .....

This diet excludes all those foods which are most likely to cause food intolerance.

The diet must be followed until further notice (approximately 2-4 weeks)

Do not rush your meals, take time to chew food well and eat regularly – 3 or 4 meals per day. Ensure you drink plenty of fluid (8-10 cups daily)

If you need to take medication for headache or other pain use soluble Paracetamol.

Keep a diary during this period recording food eaten and symptoms suffered.

Enteral feeds such as E028 remain useful supplements if weight gain is desired or if the full range of recommended foods is not being eaten.

NOT ALLOWED	ALLOWED
<b>MEAT</b>	
<ul style="list-style-type: none"> <li>• Pork and pork products e.g. ham, bacon.</li> <li>• Sausages, beefburgers.</li> <li>• Meat pies, pizza.</li> <li>• Pâté, meat paste.</li> </ul>	<ul style="list-style-type: none"> <li>• All other meats.</li> <li>• Poultry and game.</li> <li>• Beef, Lamb.</li> <li>• Liver &amp; Kidney – 3oz portion.</li> </ul>
<b>FISH</b>	
<ul style="list-style-type: none"> <li>• Fish in batter or breadcrumbs.</li> <li>• Tinned fish in oil or tomato.</li> <li>• Fish paste, taramasalata.</li> <li>• Scampi.</li> </ul>	<ul style="list-style-type: none"> <li>• White fish, tuna (in water or brine).</li> <li>• Oily, smoked &amp; other tinned fish (in water or brine) 3oz portion.</li> <li>• Prawns.</li> </ul>
<b>VEGETABLES</b>	
<ul style="list-style-type: none"> <li>• Pulses – peas, beans, lentils.</li> <li>• Onions.</li> <li>• Sweetcorn.</li> <li>• Tomatoes.</li> <li>• Tinned vegetables in sauce, e.g. baked beans.</li> <li>• Tomato ketchup, puree.</li> </ul>	<ul style="list-style-type: none"> <li>• Small portions of following without skins, seeds or stalks (maximum of 2 portions per day) : Courgette, marrow lettuce, cucumber, celeriac potato (not cold) carrot, swede, parsnip.</li> <li>• Cauliflower/broccoli florets, mushrooms, peppers</li> <li>• Asparagus, beetroot.</li> <li>• Runner beans.</li> </ul>

NOT ALLOWED	ALLOWED
<b>FRUIT</b>	
<ul style="list-style-type: none"> <li>• Citrus fruit, e.g. oranges, satsumas, grapefruit, lemons.</li> <li>• Apples.</li> <li>• Bananas.</li> <li>• Dried fruit, mincemeat.</li> </ul>	<ul style="list-style-type: none"> <li>• Small portions of following without skins or seeds (maximum 2 pieces of fruit per day): Apricot (canned or stewed)</li> <li>Grapes</li> <li>Melon</li> <li>Peach (fresh or canned)</li> <li>Nectarine</li> <li>Pear (fresh or canned)</li> <li>Plums (stewed)</li> <li>Mango (fresh or canned)</li> <li>Lychees (canned).</li> </ul>
<b>CEREALS</b>	
<ul style="list-style-type: none"> <li>• Wheat e.g. bread, cakes, biscuits, pasta, noodles, semolina.</li> <li>• Breakfast cereals e.g. Weetabix, Shredded Wheat.</li> <li>• Rye, e.g. Ryvita.</li> <li>• Oats.</li> <li>• Barley.</li> <li>• Corn, e.g. cornflakes, cornflour, custard powder.</li> </ul>	<ul style="list-style-type: none"> <li>• White rice, rice pasta (not cold).</li> <li>• Rice cakes.</li> <li>• Ground rice, rice flour.</li> <li>• Rice Krispies, Puffed Rice cereal.</li> <li>• Arrowroot.</li> <li>• Tapioca, Sago.</li> </ul>
<b>COOKING OILS</b>	
<ul style="list-style-type: none"> <li>• Corn Oil.</li> <li>• Vegetable Oil.</li> </ul>	<ul style="list-style-type: none"> <li>• Sunflower, soya, olive Rapeseed etc. oils - (½ tbps per person in cooking).</li> </ul>

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<b>DAIRY PRODUCTS</b>	
<ul style="list-style-type: none"> <li>• Cows milk – all types.</li> <li>• Dried milk.</li> <li>• Tinned milk.</li> <li>• Sheeps &amp; Goats milk.</li> <li>• Butter.</li> <li>• Cream.</li> <li>• Margarine.</li> <li>• Yoghurt.</li> <li>• Cheese.</li> <li>• Eggs.</li> </ul>	<ul style="list-style-type: none"> <li>• Soya milk – calcium – enriched.</li> <li>• Soya yoghurt - Granose, Sojasun.</li> <li>• Tofu.</li> <li>• Milk-free margarine, e.g. Tomor, Vitasieg, Granose, Superspread, Sainsbury's or Tesco's Dairy Free (1 oz per day)</li> </ul>
<b>BEVERAGES</b>	
<ul style="list-style-type: none"> <li>• Tea.</li> <li>• Coffee.</li> <li>• Decaffeinated tea and coffee.</li> <li>• Fruit squashes.</li> <li>• Orange, grapefruit, lemon juice, Apple juice, tomato juice.</li> <li>• Alcohol.</li> <li>• Coca Cola, lemonade.</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal teas, e.g. Rooibosh, Rosehip, Camomile or fruit teas</li> <li>• Ribena</li> <li>• Fresh fruit juices, e.g. pineapple, grape juice</li> <li>• Tap or mineral water</li> </ul>
<b>MISCELLANEOUS</b>	
<ul style="list-style-type: none"> <li>• Marmalade.</li> <li>• Mustard.</li> <li>• Salad cream and dressings.</li> <li>• Soy sauce.</li> <li>• Yeast &amp; Yeast extract.</li> <li>• Gravy mixes.</li> <li>• Nuts, seeds.</li> </ul>	<ul style="list-style-type: none"> <li>• Jams (no seeds).</li> <li>• Sugar, honey, syrup.</li> <li>• Salt, herbs, black pepper.</li> <li>• Spices in moderation.</li> <li>• Vinegar.</li> <li>• Tamari.</li> <li>• Brown rice miso.</li> </ul>

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<b>MISCELLANEOUS</b>	
<ul style="list-style-type: none"> <li>• Chocolate.</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy browning with caramel and salt only, e.g. Burdell's, Cross and Blackwell</li> <li>• Foodwatch Gravy Mix</li> <li>• Kendal Mint cake</li> <li>• Sorbet (not citrus)</li> </ul>

<b>SAMPLE MENU</b>
<p><b>Breakfast:</b></p> <p>Rice Krispies, soya milk and sugar  Rice cakes, milk-free margarine and jam  Herbal tea</p>
<p><b>Lunch:</b></p> <p>Lean meat/fish/chicken  Rice, rice cakes or potato  Vegetables/salad (small portion from allowed list)  Soya yoghurt/fruit (from allowed list)</p>
<p><b>Supper:</b></p> <p>Meat/fish/chicken  Rice/rice pasta/potato  Vegetables/salad (small portion from allowed list)  Fruit (from allowed list), sorbet  Milk pudding made with soya milk</p>





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