Eating well when following a low fibre diet
A guide for patients and their carers
Introduction

Dietary fibre is the part of cereals, pulses, vegetables and fruits which is not digested and continues to pass down the gut.

Why have I been advised to follow a low fibre diet?

Your doctor may have advised you to follow a diet low in fibre for the following reasons:

- if your bowel is obstructed, or you are at risk of bowel obstruction
- if you have diarrhoea or loose stools as a result of your disease or treatment.

A diet low in fibre may reduce the amount of gas produced and bulk passing through your bowel. This should help to reduce symptoms such as bloating and abdominal discomfort and may also reduce the risk of your bowel becoming obstructed.

If you have been used to eating a diet rich in fruit, vegetables and whole grains, then following a low fibre diet may be challenging and difficult. Remember that the purpose of the diet is to help make you feel better by reducing your symptoms. This booklet gives ideas of suitable foods you can eat and also offers advice on ways to make your diet more nutritious which you may find helpful if you have a poor appetite or have lost weight.

When you restrict the foods in your diet it may be hard to meet your vitamin and mineral requirement. If you are following this diet for more than a week we recommend taking a complete multivitamin and mineral supplement, for example, Centrum, Boots A-Z or Lamberts A-Z Multi. These will help to ensure that you are meeting your vitamin and mineral daily requirements.

Please note:

Mobile phones can interfere with the treatment equipment. Please look out for signs letting you know if it is safe to use your mobile phone. If you do have one with you, you may need to turn it off.

Christie website

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Introduction
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**Diabetes**

If you have diabetes you can still follow the low fibre diet advice but make sure you eat meals and snacks containing low fibre starchy foods such as white bread, white rice and cereals etc from the ‘Foods low in fibre’ list (see below) at each mealtime.

The following table lists examples of foods which are low in fibre and suitable for you to include in your diet and those which may make your symptoms worse. All the foods listed under ‘Foods low in fibre’ may be eaten freely.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Foods high in fibre that may make your symptoms worse</th>
<th>Foods low in fibre (can be eaten freely)</th>
</tr>
</thead>
</table>
| Meat, fish and protein alternatives            | Peas, Beans, Lentils, dhal, chickpeas                 | Meat, Poultry, Ham, bacon, sausages, Fish, Eggs, Tofu, Quorn: quantities allowed per day:-
|                                                 |                                                      | 1 x Quorn sausage                      |
|                                                 |                                                      | Or 50g Quorn pieces                    |
|                                                 |                                                      | Or 50g Quorn mince                     |
|                                                 |                                                      | Or 5 x Quorn meatballs                 |
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<th>Foods high in fibre that may make your symptoms worse</th>
<th>Foods low in fibre (can be eaten freely)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads and flours</td>
<td>Wholemeal, granary or multigrain bread</td>
<td>White bread and flour</td>
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<tr>
<td></td>
<td>High-fibre white bread</td>
<td>Bread sticks</td>
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<tr>
<td></td>
<td>Fruit bread</td>
<td>Rice cakes</td>
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<td></td>
<td>Fruit teacakes</td>
<td>Crumpets</td>
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<tr>
<td></td>
<td>Hot cross buns</td>
<td>White chapatti made with flour no.1</td>
</tr>
<tr>
<td></td>
<td>Wholemeal chapatti made with flour no.2-4</td>
<td>White pitta bread</td>
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<tr>
<td></td>
<td>Wholemeal pitta bread</td>
<td>White bagels</td>
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<tr>
<td></td>
<td>Wholemeal / besan flours</td>
<td>White naan bread made with flour no.1</td>
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<td></td>
<td>Wholemeal puri</td>
<td>White flour puri</td>
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<td></td>
<td>Pakoras / bhajis</td>
<td>Cream crackers</td>
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<td></td>
<td>Wholewheat crackers</td>
<td>White muffins</td>
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<tr>
<td></td>
<td>Matzos</td>
<td>Croissants</td>
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<tr>
<td></td>
<td>Paratha</td>
<td>Pancakes</td>
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<td></td>
<td></td>
<td>Poppadums</td>
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<tr>
<td></td>
<td></td>
<td>Food containing cornflour, tapioca or semolina</td>
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<tr>
<td>Cereals</td>
<td>Weetabix / wholewheat cereal biscuits</td>
<td>Rice Krispies, puffed rice cereals</td>
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<tr>
<td></td>
<td>Shredded Wheat</td>
<td>Cornflakes</td>
</tr>
<tr>
<td></td>
<td>Muesli</td>
<td>Special K (no fruit or nuts)</td>
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<tr>
<td></td>
<td>Fruit and Fibre</td>
<td>Coco Pops</td>
</tr>
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<td></td>
<td>Bran and oat cereals</td>
<td>Frosted flakes</td>
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<td></td>
<td>Porridge</td>
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<tr>
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<tr>
<td><strong>Rice and pasta</strong></td>
<td>Brown rice</td>
<td>White rice</td>
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<td></td>
<td>Wholewheat pasta and spaghetti</td>
<td>White pasta and spaghetti</td>
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<tr>
<td></td>
<td>Wholewheat noodles</td>
<td>White noodles</td>
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<tr>
<td></td>
<td></td>
<td>Couscous</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gnocchi</td>
</tr>
<tr>
<td><strong>Cakes and biscuits</strong></td>
<td>Biscuits and cakes made with whole-meal flour, oats or dried fruit or nuts e.g. flapjack, dried fruit biscuits, mince pies, plain or chocolate digestives, oat biscuits</td>
<td>Biscuits and cakes made with white flour e.g. Rich tea, custard creams, shortbread, chocolate coated plain biscuits, Madeira cake, sponge cake</td>
</tr>
<tr>
<td></td>
<td>Fruit scones</td>
<td>Jam tarts, custard tarts</td>
</tr>
<tr>
<td></td>
<td>Laddu</td>
<td>Plain or cheese scones</td>
</tr>
<tr>
<td></td>
<td>Mesub</td>
<td>Doughnuts</td>
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<tr>
<td></td>
<td>Fruit pies</td>
<td>Eclairs</td>
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<td></td>
<td></td>
<td>Lemon meringue pie</td>
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<tr>
<td>Food group</td>
<td>Foods high in fibre that may make your symptoms worse</td>
<td>Foods low in fibre (can be eaten freely)</td>
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<tr>
<td>-------------------------------</td>
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<td>------------------------------------------</td>
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<tr>
<td>Milk and dairy products</td>
<td>Cheese / cottage cheese with added fruit and nuts.</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Fruit yogurt or fromage frais with added fruit/</td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>cereal/nuts</td>
<td>Plain cottage cheese</td>
</tr>
<tr>
<td></td>
<td>Kulfi with dried fruit/nuts</td>
<td>Cheese spreads</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Paneer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plain smooth yogurt or fromage frais</td>
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<tr>
<td></td>
<td></td>
<td>Ice cream / ice-lollies / sorbet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kulfi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cream</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Evaporated and condensed milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Milk jelly</td>
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<tr>
<td></td>
<td></td>
<td>Instant whips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crème caramel</td>
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<tr>
<td></td>
<td></td>
<td>Milk puddings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Custard</td>
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<tr>
<td></td>
<td></td>
<td>Blancmange</td>
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<tr>
<td>Food group</td>
<td>Foods high in fibre that may make your symptoms worse</td>
<td>Foods low in fibre (can be eaten freely)</td>
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<tr>
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<td>------------------------------------------</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Whole-meal savoury snacks</td>
<td>Crisps</td>
</tr>
<tr>
<td></td>
<td>Bombay Mix / chevdo</td>
<td>Shredless marmalade, jelly jam, honey, lemon curd, treacle, syrup</td>
</tr>
<tr>
<td></td>
<td>Snacks with besan flour</td>
<td>Tomato sauce, brown sauce, yeast extract</td>
</tr>
<tr>
<td></td>
<td>Bonda</td>
<td>Soy sauce</td>
</tr>
<tr>
<td></td>
<td>Falafel</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td></td>
<td>Nuts</td>
<td>Stock cubes</td>
</tr>
<tr>
<td></td>
<td>Seeds</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td></td>
<td>Popcorn</td>
<td>Soups – ‘cream of’ tomato, chicken or oxtail</td>
</tr>
<tr>
<td></td>
<td>Soups – lentil and vegetable</td>
<td>Sausage rolls</td>
</tr>
<tr>
<td></td>
<td>Miso</td>
<td>Meat pies</td>
</tr>
<tr>
<td></td>
<td>Marmalade or jam with peel or pips</td>
<td>Plain or milk chocolate</td>
</tr>
<tr>
<td></td>
<td>Peanut butter, chocolate spread with nuts</td>
<td>Boiled sweets, toffee, fudges, wine gums, mints</td>
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<tr>
<td></td>
<td>Chutney, pickles</td>
<td>Jalebi</td>
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<tr>
<td></td>
<td>Coconut / besan barfi</td>
<td>Gulab jamun</td>
</tr>
<tr>
<td></td>
<td>Cardamom pods</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cinnamon sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Olives</td>
<td></td>
</tr>
<tr>
<td>Nutritional</td>
<td>Check with your doctor, dietitian or pharmacist that your supplement does not contain fibre.</td>
<td>drinks</td>
</tr>
</tbody>
</table>
In addition to these foods you may like to include **up to 3 portions** of suitable fruits and vegetables as listed below under ‘**Foods low in fibre**’ into your diet throughout the day. However if your symptoms worsen you may need to reduce your intake of these foods.

<table>
<thead>
<tr>
<th>Food group</th>
<th>Foods high in fibre that may make your symptoms worse</th>
<th>Foods low in fibre (Amount per portion below)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>All vegetables except those listed in the ‘Foods low in fibre’ list in next column</td>
<td>All freshly cooked potatoes without skins (boiled, mashed, roasted, chipped)</td>
</tr>
<tr>
<td></td>
<td>Vegetable skins and pips</td>
<td><strong>All skin to be removed:</strong></td>
</tr>
<tr>
<td></td>
<td>Potato skins</td>
<td>2.5cm piece courgette</td>
</tr>
<tr>
<td></td>
<td>Salad/lettuce</td>
<td>2.5cm piece cucumber</td>
</tr>
<tr>
<td></td>
<td>Sweetcorn</td>
<td>¼ of an aubergine</td>
</tr>
<tr>
<td></td>
<td>Peppers</td>
<td>1-2 heaped tbsp turnip</td>
</tr>
<tr>
<td></td>
<td>Onions</td>
<td>1-2 heaped tbsp plantain</td>
</tr>
<tr>
<td></td>
<td>Leeks</td>
<td>1-2 heaped tbsp yam</td>
</tr>
<tr>
<td></td>
<td>Karela</td>
<td>1-2 heaped tbsp pumpkin</td>
</tr>
<tr>
<td></td>
<td>Okra</td>
<td>1-2 heaped tbsp butternut squash</td>
</tr>
<tr>
<td></td>
<td>Cabbage</td>
<td>1-2 heaped tbsp carrot</td>
</tr>
<tr>
<td></td>
<td>Green beans</td>
<td>1-2 heaped tbsp swede</td>
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<tr>
<td></td>
<td>(tbsp = tablespoon)</td>
<td>1 small beetroot</td>
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<tr>
<td></td>
<td></td>
<td>200g passata</td>
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<tr>
<td></td>
<td></td>
<td>100ml smooth vegetable juice</td>
</tr>
<tr>
<td>Food group</td>
<td>Foods high in fibre that may make your symptoms worse</td>
<td>Foods low in fibre (Amount per portion below)</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Fruit</td>
<td>All fruit except those listed in the ‘Foods low in fibre’ list in next column</td>
<td>All pips, peel, pith or skin to be removed:</td>
</tr>
<tr>
<td></td>
<td>Fruit with pips, peel or skin</td>
<td>1 small banana</td>
</tr>
<tr>
<td></td>
<td>Strawberries, blackcurrants, passion fruit, kiwi fruit</td>
<td>½ grapefruit</td>
</tr>
<tr>
<td></td>
<td>Coconut</td>
<td>½ apple</td>
</tr>
<tr>
<td></td>
<td>Dried fruit</td>
<td>½ custard apple</td>
</tr>
<tr>
<td></td>
<td>Fruit juice ‘with bits’</td>
<td>½ pear</td>
</tr>
<tr>
<td></td>
<td>Prune juice</td>
<td>¼ small mango</td>
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<tr>
<td></td>
<td>Tomato juice</td>
<td>¼ small melon</td>
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<tr>
<td></td>
<td></td>
<td>6 grapes</td>
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<td></td>
<td></td>
<td>3 lychees</td>
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<tr>
<td></td>
<td></td>
<td>6 cherries</td>
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<tr>
<td></td>
<td></td>
<td>1-2 heaped tbsp tinned peaches</td>
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<tr>
<td></td>
<td></td>
<td>1-2 heaped tbsp tinned mandarin oranges</td>
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<tr>
<td></td>
<td></td>
<td>1-2 heaped tbsp tinned orange segments</td>
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<tr>
<td></td>
<td></td>
<td>1-2 heaped tbsp tinned pawpaw</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2 heaped tbsp tinned fruit cocktail</td>
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<tr>
<td></td>
<td></td>
<td>100ml smooth fruit juice</td>
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<td></td>
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<td>(tbsp = tablespoon)</td>
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</table>
The sample menu plan below should help give you more ideas on what to eat at mealtimes. This is to be used together with the previous list of suitable low fibre foods.

**Sample Menu Plan**

**Breakfast ideas**
- Bowl of suitable cereal with milk and sugar
- White bread toast/croissant/muffin with butter or margarine or seedless jam or shredless marmalade
- Pancakes
- Fried/scrambled/poached egg on white toast or sausage/bacon sandwich
- Cup of tea/coffee/milk/fruit juice (without ‘bits’/smooth variety)

**Mid-morning snack ideas**
- Slice of plain cake/plain biscuit/crumpet
- Cheese and crackers
- Crisps
- Cup of tea/coffee/milk/fruit juice (without ‘bits’/smooth variety)

**Mid-day meal ideas**
- Cream of chicken/tomato soup
- Cheese on white bread toast
- Cheese and ham toasted sandwich
- ‘Eggy bread’ (French toast)
- Egg/tuna/ham/chicken and mayonnaise white bread sandwich
- Very mild curry* and white chapatti/naan bread/white rice
### Mid-afternoon snack ideas
- Sausage roll/rice cakes and cream cheese
- Crème caramel/mousse/smooth yogurt/seedless jam tart
- Cup of tea/coffee/milk/fruit juice (without ‘bits’/smooth variety)

### Evening meal ideas
- Macaroni cheese/tinned ravioli in tomato sauce/white pasta with meat and passata/carbonara sauce
- Cheese omelette/pizza/fish in sauce/chicken burger
- Chicken, pork or lamb chop and gravy
- Mashed or boiled potato/chips/white rice
- Small portion of suitable vegetable
- Cottage/Shepherd’s pie/corned beef hash
- Very mild curry* and white chapatti/naan bread/white rice
- Plain sponge and custard/yogurt
- Tinned fruit and cream
- Cup of tea/coffee/milk/fruit juice (without ‘bits’/smooth variety)

### Supper ideas
- Toast and cheese spread/plain biscuits
- Milky drink

* Caution as spicy foods may irritate your bowel
What do I do if I have a poor appetite or have lost weight?

Eating can be a problem when you feel unwell. Try eating little and often, including small and frequent snacks during the day as this will be easier to manage than 3 larger meals. Enriching your diet can also help minimise weight loss.

**Milk and dairy products can be used to add extra energy and protein to food:**

- Try to use full fat dairy produce – especially milk and yogurts – instead of low fat types.
- Add milk powder or neutral Complan to soups, sauces, milky puddings and custards.
- Keep a box of grated cheese ready in the fridge to add to soups, sauces, sandwiches and mashed potatoes.
- Serve evaporated milk, yogurt, cream or fromage frais with cereals and puddings or add to soups, sauces and desserts. Also use when making jellies or instant puddings.
- Make fortified milk by mixing 4 tablespoons of skimmed milk powder with 1 pint of whole milk. Use whenever you would use ordinary milk.

**Fats and sugars can be used to add extra energy to food:**

The following can be added to hot vegetables (see page 9 for suitable options), potatoes, fish or puddings. Try to use them whenever you can.

- Butter or margarine – these are higher in calories than low fat spreads.
- Mayonnaise, salad cream and salad dressings.

Caution as spicy foods may irritate your bowel.
Cream, cream cheese, sour cream and crème fraîche.
Chocolate – including chocolate spread (without nuts)
White or brown sugar.
Shredless marmalade, jam and lemon curd.
Honey, syrup or treacle.

**Ideas for drinks:**

- Hot milky drinks, for example, Horlicks, Ovaltine, cocoa, milky coffee, cappuccino, instant soups.
- Cold milk shakes with added ice-cream and flavouring.

If you continue to lose weight there are special nutritional products available that you may find useful. Complan (Nutricia) is a powdered nutritional supplement that you make up with whole milk and is available over the counter at most chemists and supermarkets.

There are also nutritional products that your doctor can prescribe for you. These are available in a variety of flavours and consistencies. Your dietitian, GP or clinical nurse specialist can offer you more information and advice on the most appropriate products for you. Please see page 9 for more information about suitable nutritional supplement drinks.

**Starting to eat foods containing fibre again**

Follow the diet for as long as your symptoms last or as advised by your doctor. When your symptoms have settled talk to your doctor about when to start eating foods containing fibre again. You may try slowly reintroducing small quantities of fibrous foods into your diet to find out what types and quantities of fibre you can comfortably tolerate and identify any foods that do not agree with you.
Fibre foods should be reintroduced one at a time. Start with a very small amount of a fruit, vegetable or cereal, introducing a new food each day. If your symptoms reoccur, restart your low fibre diet and contact your doctor or specialist nurse.

If you have any queries about your diet please contact the dietetic department on 0161 446 3729.

Questions and answers

What shall I do if I am still worried about my appetite and am losing weight?
Ask your doctor or specialist nurse to refer you to a dietitian for further advice.

Can I eat food that has been liquidised or sieved with fruit and vegetables?
If fruit and vegetables are liquidised or sieved they will still contain the same amount of fibre within the purée therefore they are not suitable. Fruit and vegetable juices with no ‘bits’ in are low in fibre and therefore are suitable.

What can I eat if I’m a vegetarian?
Some vegetarian sources of protein for example, beans, lentils, chickpeas, seeds and nuts are not suitable when following a low fibre diet. It is therefore important to include other suitable protein sources at mealtimes to ensure you get the nutrients your body requires. These could include yogurts, lassi, tofu, cheese, eggs and milky puddings. For people who eat fish, this is also a good source of protein.

Please see recipes at the end of this booklet for ideas.
What happens if I become constipated on the low fibre diet?
If you are concerned about constipation discuss this with your doctor or specialist nurse. It is important to make sure that you are taking enough drinks during the day for your bowels to work properly. On average you may need up to 8–10 glasses of liquid a day but this may vary depending on your size.

What can I choose if I’m eating out?
Follow the advice in the booklet and choose dishes that are low in fibre.

What if I usually follow a low fat healthy diet?
If your appetite is poor it may not be appropriate for you to be very strict with your low fat diet. It is more important to ensure that you are getting enough energy from your food. Increasing the amount of fat in your diet is an easy way of doing this. However, if you are concerned about this ask your doctor or dietitian for advice.
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**Low fibre recipes**

**Fish**

**Fish pie**
(Serves 6)

**Ingredients:**
- 400g/14oz skinless white fish fillet
- 400g/14oz skinless smoked haddock fillet
- 600ml whole milk
- 1 small onion, quartered
- 4 cloves
- 2 bay leaves
- 4 eggs
- 1 tablespoon parsley, leaves only chopped
- 100g/4oz butter
- 50g/2oz plain flour
- Pinch nutmeg
- 1kg/2.5lb potatoes, peeled and cut into even-sized chunks
- 50g/2oz Cheddar cheese

**Method:**
1. Poach the fish by placing in a frying pan and pour over the milk. Stud each onion quarter with a clove, then add to the milk with the bay leaves. Bring the milk just to the boil until a few small bubbles appear. Reduce the heat and simmer for 8 minutes. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces in the baking tray.
2. Hard boil the eggs cooking for 8 minutes in a pan of boiling water. Cool in a bowl of cold water. Peel and slice into quarters and arrange on top of the fish, then scatter over the chopped parsley.
3. To make the sauce melt half the butter in a pan and stir in the flour and cook for 1 min over a moderate heat. Take off the heat, pour in a little of the cold poaching milk then stir until blended. Continue to add the milk gradually mixing well until you have a smooth sauce. Return the pan to the heat, bring to the boil and cook for 5 minutes, stirring continually until it coats the back of a spoon. Remove from the heat, season with salt, pepper and nutmeg then pour over the fish.

4. Heat the oven to 200°C/fan 180°C/gas mark 6. Boil the potatoes for 20 minutes until tender. Drain, season and mash with the remaining butter and milk. Add the mash to the tray to top the pie. Make sure the mash is pushed into the edges to seal. Fluff the top with a fork, sprinkle with cheese. Bake for 30 minutes.

**Oven steamed white fish**
*(Serves 2)*

**Ingredients:**
- 2 white fish fillets about 170g/6oz each
- 30ml lemon juice
- Olive oil

**Method:**
1. Preheat oven to 200°C/gas mark 6.
2. Place 1 fish fillet on a large square of aluminium foil. Drizzle 2 tablespoons of lemon juice and 2 teaspoons olive oil over fish. Season with salt and pepper. Wrap up securely in the foil. Repeat with remaining fillets.
3. Bake in oven for 10-12 minutes per 1 inch thickness of fish. Open up the foil and serve fish with juices, chips or white rice.
**Tuna fishcakes**
(Serves 4)

**Ingredients:**
- 450g/1lb potatoes, peeled
- Salt and pepper
- 1 x 185g/6.5oz tin tuna chunks in brine
- 1 teaspoon French mustard
- 1 tablespoon chopped parsley
- 1 egg, beaten
- 50g/2oz fresh white breadcrumbs
- Oil for frying

**Method:**
1. Boil the potatoes in salted water for around 15 minutes until tender, drain well then mash.
2. Add the contents of the can of tuna, mustard and parsley and season with salt and pepper. Stir until evenly mixed then shape into 8 ‘cakes’.
3. In turn dip each one in beaten egg and then in breadcrumbs until evenly coated.
4. Fry in hot oil for about 5 minutes until golden brown before serving. Serve with chips or in a soft white bap.

**Chicken/Turkey**

**Lemon chicken with courgette couscous**
(Serves 4)

**Ingredients:**
- 200g/7oz couscous
- 400ml chicken stock
- 2 tablespoons olive oil
- 4 courgettes, peeled and grated
- 2 lemons – 1 halved, 1 cut into wedges
- 2 chicken breasts
Method:
1. Put the couscous into a large bowl and pour over the chicken stock. Cover and leave for 10 minutes until fluffy and all the stock has been absorbed.
2. Heat 1 tablespoon oil and fry the courgettes until softened and starting to crisp at the edges. Add the courgettes to the couscous and stir in with salt and pepper to season and a squeeze of lemon juice from one of the halves.
3. Cut each of the chicken breasts in half horizontally and beat with a rolling pin to make it thinner. Season with salt and pepper. Heat 1 tablespoon of oil in a large pan and fry the chicken for about 2 minutes on each side until cooked through.
4. Squeeze over the juice from the other lemon half and serve with the couscous and lemon wedges on the side.

Savoury pancakes
(Serves 2)

Ingredients for the pancakes:
100g/4oz plain flour
pinch of salt
1 egg
½ pint milk

Method:
1. Sieve flour into a bowl, add pinch of salt.
2. Crack egg into the bowl and add a drop of the milk. Beat the mixture with a wooden spoon and stir in the rest of the milk.
3. Cover mixture and put bowl in the fridge for 30 minutes.
4. Remove bowl from fridge. Add a little fat to a frying pan and pour a ladle of mixture into the hot pan, moving the mixture around the pan into a thin layer.
5. Fry for a minute and flip pancake over until cooked. Cover pancakes to keep warm.
Ingredients for the filling:
30g/1oz butter
1 clove garlic, crushed
300g/10oz cooked chicken, chopped
1 tablespoon fresh flat leaf parsley leaves, chopped
200g/7oz fresh ricotta cheese, crumbled
200g/7oz passata tomato sauce
120g/4oz Cheddar cheese, grated

Method:
1. Melt butter in a frying pan over a medium-high heat, add garlic and cooked chicken stirring for 2 minutes until garlic soft. Transfer to a bowl and allow it to cool for 10 minutes. Stir in the parsley and ricotta.
2. Preheat oven to 200°C/180°C fan assisted. Grease an 8cm deep, 20cm x 30cm ovenproof dish.
3. Put one pancake on a plate and top with filling. Roll up the pancake to enclose and place in the greased ovenproof dish. Repeat with the remaining pancakes and filling. Top with the passata and grated cheese and cover the dish with foil.
4. Bake in the oven for 20 minutes or until heated through. Remove foil and bake for a further 5 minutes or until the cheese is golden.

**Stuffed chicken breast**
(Serves 4)

**Ingredients:**
4 large chicken breasts
8 sage leaves
5 heaped tablespoons ricotta cheese
Salt and black pepper
8 slices Parma ham
1½ teaspoons olive oil
Handful of thyme sprigs

**Method:**
1. Cut a deep slit along one side of each chicken breast taking care not to slice all the way through. On a clean chopping board, finely chop 4 sage leaves, then mix into the ricotta and season with salt and pepper to taste.
2. Lay two slices of Parma ham on the board, overlapping them slightly. Lay a chicken breast on top. Spoon a quarter of the ricotta mixture into the pocket formed. Wrap the Parma ham around the stuffed chicken breast and wrap in cling film. Repeat with the rest of the chicken breast and chill for 1-2 hours to firm up slightly.
3. Heat the oven to 180°C/gas mark 4 and place a roasting pan in the oven to heat up. Heat a heavy based frying pan and add the olive oil. When hot, fry the Parma-ham wrapped chicken for 2 minutes on each side until browned. Lay a few thyme sprigs on each chicken breast the place in the hot roasting pan. Cook in the oven for 12-15 minutes, depending on size or until the meat feels just firm when lightly pressed. Serve with mash potato and carrots/swede or white rice.

**Tomato soup chicken pasta**
(Serves 2)

**Ingredients:**
1 clove garlic, crushed
2 rashers of bacon, chopped into small pieces
2 chicken breasts, chopped into small chunks
1 tin condensed tomato or chicken soup
1 teaspoon mixed herbs
100g/4oz Cheddar cheese, grated
150g/6oz pasta, e.g. penne/tagliatelle
Method:
1. Fry garlic and bacon in a frying pan in a small amount of oil.
2. When cooked add chopped chicken and cook.
3. Add tin of condensed soup with a small amount of water to thin a little.
4. Add mixed herbs.
5. Bring a pan of water to the boil and cook pasta for 10 minutes.
6. Once cooked drain the pasta and mix with the soup mixture. Sprinkle with grated cheese and serve.

**Turkey meatballs in tomato sauce**
(Serves 4)

**Ingredients:**
350g/12oz turkey mince
1 garlic clove, crushed
2 tablespoons fresh parsley, finely chopped
1 egg, lightly beaten
Plain flour for dusting
3 tablespoons olive oil
1 carrot finely chopped
400ml passata
1 fresh rosemary sprig
1 bay leaf
350g/12oz penne pasta
Salt and pepper
Freshly grated parmesan cheese to serve

**Method:**
1. In a bowl mix together the turkey, garlic and parsley. Stir in the egg and season with salt and pepper.
2. Dust hands with flour and shape the mixture into small walnut-sized balls between your palms.

3. Heat the oil in a saucepan and add the carrot and cook on a low heat for 5 minutes until soft. Increase the heat to medium and add the meatballs, turning frequently. Cook for 8-10 minutes until golden brown all over.

4. Pour in the passata, add the rosemary and bay leaf, season with salt and pepper and bring to the boil.

5. Turn down the heat, cover and simmer gently, stirring occasionally for 40-45 minutes. Remove and discard the herbs.

6. Shortly before the meatballs are ready, cook pasta for 8-10 minutes, drain and add to the pan with the meatballs and stir gently. Serve with grated cheese.

**Meat dishes**

**Corned beef hash**

(Serves 2)

**Ingredients:**
- Knob of butter
- 1 large potato, peeled, cut into small chunks
- 350ml beef stock
- 200g/8oz corned beef, cut into small chunks
- 1 tablespoon Worcestershire sauce

**Method:**
1. Melt the butter in a frying pan over a medium heat and add the potatoes. Stir to coat with butter, cook for a minute or two and then pour in the stock. Simmer for about 15-20 minutes until the potatoes are really tender and the stock has almost evaporated, adding more hot water if needed.
2. Heat the grill. Stir in the corned beef and Worcestershire sauce. Turn up the heat and cook, stirring occasionally for
about 5 minutes. Transfer the mixture to an oven proof dish and place under the grill for about 5 minutes until the top is crisp and golden.

Meat and potato quiche
(Serves 6)

Ingredients:
3 tablespoons vegetable oil
675g/1.5lb potato, peeled and grated
100g /4oz Cheddar cheese, grated
150g /5oz cooked chicken/ham/sausage, chopped
250ml evaporated milk
2 eggs
½ teaspoon salt
1/8 teaspoon pepper
1 tablespoon parsley, chopped

Method:
1. Preheat oven to 220°C/gas mark 7.
2. Mix together the grated potato and vegetable oil and press evenly into a 9 inch pie dish to form a crust shape.
3. Bake in the oven for 15 minutes until beginning to brown and then remove from oven.
4. Mix together the cheese and chopped meat and place on top of the potato pie crust.
5. Beat together the milk, eggs and seasoning and pour onto the other ingredients.
7. Return the pie back to the oven and bake for 30 minutes. Allow to cool for 5 minutes before cutting. Serve with chips or soft white bread and butter.
Shepherd’s pie
(Serves 4)

Ingredients:
1 tablespoon olive oil
2-3 medium carrots, chopped
500g/1lb lamb mince
2 tablespoon tomato puree
Splash Worcestershire sauce
500ml beef stock
900g/2lb potatoes, peeled and cut into chunks
85g/3oz butter
3 tablespoon milk

Method:
1. Heat the oil in a medium saucepan and add the carrot and allow it to soften for a few minutes. Turn up the heat and add lamb mince cooking until brown. Pour off any excess fat. Add the tomato puree and Worcestershire sauce, then fry for a few minutes. Pour over the stock, bring to a simmer, then cover and cook for 40 minutes.
2. Heat oven to 180°C/gas mark 4, then make the mash. Boil potatoes in salted water for about 15 minutes until tender. Drain, then mash with the butter and milk.
3. Put the mince in an ovenproof dish, top with the mash and ruffle with a fork. Bake for 20-25 minutes until the top is starting to colour and the mince is bubbling through the edges. Leave to stand for 5 minutes before serving.
**Shepherd’s pie**
(Serves 4)

**Ingredients:**
- 1 tablespoon olive oil
- 2-3 medium carrots, chopped
- 500g/1lb lamb mince
- 2 tablespoon tomato puree
- Splash Worcestershire sauce
- 500ml beef stock
- 900g/2lb potatoes, peeled and cut into chunks
- 85g/3oz butter
- 3 tablespoon milk

**Method:**
1. Heat the oil in a medium saucepan and add the carrot and allow it to soften for a few minutes. Turn up the heat and add lamb mince cooking until brown. Pour off any excess fat. Add the tomato puree and Worcestershire sauce, then fry for a few minutes. Pour over the stock, bring to a simmer, then cover and cook for 40 minutes.
2. Heat oven to 180°C/gas mark 4, then make the mash. Boil potatoes in salted water for about 15 minutes until tender. Drain, then mash with the butter and milk.
3. Put the mince in an ovenproof dish, top with the mash and ruffle with a fork. Bake for 20-25 minutes until the top is starting to colour and the mince is bubbling through the edges. Leave to stand for 5 minutes before serving.

**Vegetarian Macaroni cheese**
(Serves 2)

**Ingredients:**
- 250g/10oz macaroni, cooked
- 1 tablespoon butter
- 1 tablespoon plain flour
- 450ml whole milk
- 75g/3oz Cheddar cheese, grated
- 1 teaspoon black pepper
- 1 teaspoon mustard powder

**Method:**
1. Cook the macaroni according to the packet instructions and drain when cooked.
2. Melt the butter in a pan and then add a generous tablespoon of plain flour and mix it in.
3. Add some black pepper and a little nutmeg or mustard powder – cook on a low heat, stirring all the time, for about 30-60 seconds.
4. Add the milk a little at a time and mix well with a whisk.
5. Bring to the boil, stirring all the time to thicken the sauce, then add the grated cheddar cheese.
6. Add the drained pasta to the cheese sauce and stir well
7. Serve straight away or put into an oven proof dish, grate some more cheese over and bake at 180°C/gas mark 4 for 10 minutes.
Spanish omelette
(Serves 4)

Ingredients:
500g/18oz new potato
150ml extra virgin olive oil
3 tablespoons chopped flat leaf parsley
6 eggs

Method:
1. Peel the potatoes and chop into thick slices.
2. Heat the oil in a large frying pan. Add the potatoes and cook gently, partially covered for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes through a colander into a large bowl. Keep the strained oil for later.
3. Beat the eggs separately, then stir into the potatoes with the parsley and plenty of salt and pepper. Heat a little of the strained oil in a smaller pan and cook on a moderate heat using a spatula to shape the omelette.
4. When almost set, invert on a plate and slide back into the pan and cook for a few more minutes. Repeat this several more times, cooking the omelette briefly each time and pressing the edges into shape. Slide on to a plate and leave to stand for 10 minutes before serving.
**Summer salad**  
(Serves 6)  

**Ingredients:**  
- 200g/7oz Greek feta cheese, cut into cubes  
- ½ cucumber, deseeded and cut into small batons  
- 6-8 fresh basil leaves  
- 450g /1lb watermelon deseeded and chopped into large chunks  

**For the dressing:**  
- 125ml Greek yogurt  
- Freshly chopped mint leaves  
- Juice of 1 lime  
- Salt and freshly ground black pepper  

**Method:**  
1. Mix together all the ingredients for the dressing in a bowl.  
2. Add the salad ingredients to the dressing and season lightly. Serve with white crusty bread.

**Sweet potato curry with coconut milk and rice**  
(Serves 2)  

**Ingredients:**  
- 1 tablespoon sunflower oil  
- 2 teaspoons mild curry paste  
- 2 medium sized sweet potatoes, peeled and cut into bite sized pieces  
- 300ml vegetable stock  
- 400ml can coconut milk  

**Method:**  
1. Heat oil in a deep frying pan or wok, stir in the curry paste and fry for 1 minute. Add the sweet potatoes and stir to coat in the paste, then pour in the stock and the coconut milk. Bring to the boil and simmer for 15-20 minutes. Season before serving with white rice.
Lemony courgette ribbons with tagliatelle in crème fraîche sauce
(Serves 2)

Ingredients:
3 ‘nests’ of tagliatelle (or 1½ per person)
1 small bunch each basil and mint, tied together with kitchen string
1 medium courgette, peeled
Juice of ½ lemon
4 tablespoon half-fat crème fraîche, or soft cheese with a little milk added

Olive oil crumb topping:
1 slice white bread, crusts removed, rubbed into crumbs
1 tablespoon olive oil
½ teaspoon garlic powder
100g/4oz Cheddar cheese, grated

Method:
1. Bring a pan of water to the boil along with the herbs, and cook the tagliatelle for 10 minutes.
2. While the pasta is cooking, make the topping by heating the oil in a small frying pan and stir-fry the breadcrumbs and garlic powder until lightly coloured. Set aside.
3. Next take the courgette and peel off and discard the skin. Continue to peel the courgette into thin ribbons. Slice these ribbons lengthways into three strips and drop into another pan of boiling water, cooking for 1 minute. Drain and refresh with cold water. Put the courgette ribbons back in the pan and add in the crème fraîche and lemon juice, heating gently.
4. Lift the pasta from the water, discard the herbs and add the pasta to the pan with the sauce and courgettes. Gently toss through before serving topped with the olive oil crumbs and grated Cheddar cheese.
Tasty tofu and couscous salad  
(Serves 4)

Ingredients for marinade:
200g/7oz plain unsweetened yogurt  
1 teaspoon cumin  
1 clove garlic crushed  
2 tablespoons lemon juice

Other ingredients:
300g/10oz tofu  
200g/7oz couscous  
400ml hot vegetable stock  
Juice of 1 lemon  
3 tablespoons chopped coriander  
½ teaspoon pepper

Method:
1. Cut the tofu into 1cm cubes. In a bowl add all of the marinade ingredients. Add the tofu cubes and gently stir to coat. Put in the fridge and leave for at least 30 minutes.  
2. Place couscous in a large bowl and pour over the stock. Cover and leave for 10 minutes until fluffy and all the stock has been absorbed.  
3. Once the couscous has cooled mix in the lemon juice and coriander and season with pepper.  
4. Lightly spray a frying pan with oil and cook tofu for around 5 minutes.  
5. Add the tofu to the couscous and combine. Add more lemon juice if you like and serve.
Tofu, butternut and mango curry
(Serves 2)

Ingredients:
½ butternut squash (200g), peeled, deseeded and cut into bite sized cubes
75g/3oz basmati rice
140g/5oz firm tofu cut into cubes
1 tablespoon olive oil
1cm piece ginger peeled and finely
1 lemongrass stalk, woody tip and outer leaves removed, bulbous end lightly bashed (to help release oils)
½ teaspoon turmeric
½ teaspoon ground cumin
½ teaspoon ground coriander
½ ripe mango, peeled, stoned and cut into chunks
150ml vegetable stock
150ml low-fat coconut milk
1 teaspoon soy sauce
Juice 1 lime
2 tablespoons finely chopped coriander

Method:
1. Heat oven to 200°C/180°C fan/gas 6. Tip the butternut squash into a non-stick roasting tin and roast for 15-20 mins or until almost soft. Remove and set aside. Meanwhile, pat the tofu dry and fry in the olive oil in a frying pan until golden brown. Remove from the pan, set aside.

2. Cook the rice following pack instructions until tender. Drain and cover to keep warm. Heat the oil in a wok or large non-stick frying pan over a medium heat. Add the ginger, garlic, lemongrass, chilli and spices, and cook for 3 minutes more.
3. Stir through the mango and roasted butternut squash and pour over the stock, coconut milk and soy sauce. Stir gently to combine, slowly bring to the boil, then reduce to a simmer for a few minutes. Remove the lemongrass and discard. Squeeze over the lime and sprinkle with the coriander before serving.
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We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence.

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The Christie NHS Foundation Trust
Wilmislow Road
Manchester M20 4BX

**0161 446 3000**
www.christie.nhs.uk

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