MY GUT CARE
EXPERTS IN GUT HEALTH, LIVER AND ENDOSCOPY

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Dietary advice for faecal microbiota transplantation

This resource contains general dietary advice intended for patients receiving faecal microbiota transplantation therapy.

The foods we eat 'fertilise' our gut microbes. A diet high in fermentable fibres consumed before and after faecal microbiota transplantation (FMT) therapy can help to restore the balance of gut microbes that may have been affected by illness or infection.

Do I need to follow a special diet before receiving FMT?

Where practical, a diet high in fermentable fibres is recommended prior to FMT therapy. This is to condition the bowel and gut microbes ready for therapy. However, if you are receiving FMT via endoscopy or colonoscopy procedure, you must follow pre-procedure dietary advice provided by your doctor.

What should I be eating after receiving FMT therapy?

After receiving FMT therapy, it is recommended a high fermentable fibre diet is followed long-term. This will assist in restoring a healthy community of gut microbes.

Should I start taking a prebiotic or probiotic supplement?

Prebiotic and probiotic supplements are not required with FMT therapy. A high fermentable fibre diet will provide prebiotics for your gut microbes.

Should I start taking any vitamin or mineral supplements?

Vitamin and mineral supplements are not required with FMT therapy. Speak with your doctor if you have any concerns.

What is a high fermentable fibre diet?

A high fermentable fibre diet includes a wide variety of foods from plant-based food groups. There are three key principles to eating a diet high in fermentable fibres:

1. Eat from different plant-based foods groups (fruits, vegetables, cereals, nuts, legumes, and seeds)
2. Choose a variety of plant-based foods (eat different types of foods within each food group)
3. Eat a rainbow of colours (each colour provides a different nutrient)

Steps to following a high fermentable fibre diet

1. Switch to wholegrain cereals and include with each meal

Wholemeal, wholegrain or 'brown' varieties are usually higher in fermentable fibres and plant-proteins.

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This includes wholemeal/wholegrain/dark rye/sourdough breads, black/brown/white rice, durum wheat or wholemeal pasta, rice or wheat noodles, freekeh, pearl barley, millet, rye, quinoa, polenta, buckwheat, oat-based cereals.

2. Include at least ½ plate of colourful fibre-rich vegetables and salad each day
All fresh, frozen and canned vegetables are good options to include. Include a wide variety of different coloured seasonal vegetables.

3. Include at least 2 pieces of different coloured fruit per day
Fresh, frozen, dried and canned varieties in natural juice are good options to include. Include a wide variety of different coloured seasonal fruits. Fruit juices are a good source of vitamins and can be included as part of a healthy diet but do not contain fermentable fibres.

4. Eat 2 serves of protein foods per day including wholefood plant-proteins at meals as an alternative to animal proteins
Plant proteins include nuts, legumes, beans, seeds and wholegrains such as rye, pearl barley, quinoa and durum wheat. These foods are excellent sources of fermentable fibres and plant proteins and can be used as an alternative to animal protein at meals. Animal proteins include fish, white meats (chicken, turkey), lean cuts of red meats (beef, lamb, kangaroo, venison, goat) and eggs.

5. Include 2-3 serves of calcium-rich foods per day
Although these foods do not contain fermentable fibres, calcium-rich foods should be included as part of a healthy diet. Calcium-rich dairy foods include cow / sheep / goat milks, yoghurts and cheeses. Calcium-rich plant-based foods include soy, rice, oat and almond milk varieties (that have been fortified with calcium), tahini, tofu, nuts (almonds), sesame seeds, dried figs, dark green vegetables. Fish such as sardines and salmon with small bones are also high in calcium.

What about discretionary (processed) food and drinks?
Discretionary food and drinks do not provide important ‘fertiliser’ for gut microbes. These foods lack vitamins, fermentable fibres and other essential nutrients. These are also high in added sugars, fat, salt or alcohol and may be harmful to overall health when eaten too frequently. If consumed, they should be enjoyed in addition to a high fermentable fibre diet. These foods and drinks include sweet foods (chocolates, biscuits, cakes, pastries, lollies), fried foods (hot chips, chicken nuggets, spring rolls, dim sims), takeaway foods (fast food burgers, pies, sausage rolls, pasties), alcohol, sugar-sweetened and artificially sweetened beverages (alcohol, soft drinks, fruit drinks).