

Food chart

From Improving Bowel Function after Bowel Surgery. Retrieved June 20, 2017.

<http://www.bladderbowel.gov.au/assets/doc/ImproveBowelAfterSurgery.html#8>

The following food chart lists foods that can cause or help bowel problems. This is only a guide as foods can affect people differently.

Foods that cause flatus/gas/wind

- cabbage family vegetables (cabbage, Brussels sprouts, broccoli and cauliflower)
- onions
- spinach
- beans
- corn
- radishes
- cucumber
- nuts
- fizzy drinks
- beer
- dairy products
- chewing gum
- “Sugar-free” foods containing sorbitol, mannitol or xylitol, e.g. diabetic lollies, “sugar free” chewing gum, some mints, sweeteners, diet drinks, diet ice-cream, snack bars & cough syrup.

Foods that make bowel motions firmer

- banana
- rice (white, boiled or steamed)
- peeled apple, grated apple, apple sauce
- cheese
- pasta (white)
- white bread (not high fibre)
- milk arrowroot biscuits
- plain water crackers (not high fibre)
- tapioca
- peanut butter (smooth)
- potato
- pumpkin
- yoghurt
- pretzels
- marshmallows (white)

Foods that make bowel motions softer and more frequent

- vegetables (especially red capsicum, cabbage, onions, spinach, dried and fresh beans, peas, corn, Brussels sprouts and broccoli)
- bran, other high fibre cereals and breads (multigrain, mega grain, whole meal, high fibre white)
- fruit (fresh, canned or dried) especially grapes and stone fruit such as apricots, peaches, plums, prunes and most berry fruits except blueberries.
- chocolate
- nuts
- popcorn
- caffeine—in coffee, tea, chocolate and cola drinks and energy drinks
- alcohol, especially beer, red wine
- milk and other dairy products
- greasy foods
- prune, orange, apple and grape juices
- spices such as chili and curry
- garlic
- “sugar-free” foods containing sorbitol, mannitol or xylitol, e.g. diabetic lollies, “sugar free” chewing gum, some mints, sweeteners, diet drinks, diet ice-cream, snack bars & cough syrup.