

Transitional Diet Following Bowel Surgery

Do I need a special diet after my bowel surgery?

- Most bowel surgeries do not require a special diet.
- If you feel uneasy about eating a regular diet after surgery, it may help to follow the guidelines below.
- These recommendations are for short-term use only (2-3 weeks after surgery), after which time you should return to a *regular diet.

General Guidelines

- Eat small frequent meals and chew your food well.
- Avoid drinking through a straw as this may create more gas.
- Eat foods that are easy to digest such as soups, pudding, yogurt etc.
- Limit/avoid foods that may cause discomfort such as:
 - Rough particles including skins, seeds, nuts
 - Gas producing foods such as legumes, cabbage, cauliflower, corn, onions, lentils, peas
- If you are losing weight or have a low appetite, consider adding nutritional supplements to your meals such as, Ensure or Boost.

Suggestions from your Dietitian:

Registered Dietitian: _____

905-378-4647 ext. _____

Food Group	Foods Recommended	Foods to Limit
Dairy Products	<ul style="list-style-type: none"> • Milk, buttermilk, milk alternatives (soy, almond, cashew, oat, rice) • Yogurt, frozen yogurt, ice cream • Cottage cheese, regular cheese • Cream cheese, sour cream 	<ul style="list-style-type: none"> • Yogurt with nuts, seeds or dried fruit
Grain Products	<ul style="list-style-type: none"> • Cream of wheat, oatmeal • Low fibre dry cereals (special K, cheerios, rice krispies, corn flakes etc.) • Bread, English muffins, crackers, pasta, muffins, pancakes, waffles made from white flour 	<ul style="list-style-type: none"> • Breads or cereals with nuts, seeds and dried fruit • High fat baked goods (cookies, croissants, donuts etc.) • Whole grain products
Fruits and Vegetables	<ul style="list-style-type: none"> • Well cooked vegetables without skins and seeds • Fruit without skins and seeds (peeled apple, pear, peach etc.) • Canned fruit or pureed fruit • Fruit and vegetable juices 	<ul style="list-style-type: none"> • Raw vegetables and salads • Fruit with skins and seeds that can't be removed (berries, grapes) • Dried fruit • High acid fruits such as oranges, tomatoes and their juices/sauces • Gas producing vegetables such as broccoli, Brussel sprouts, cabbage, cauliflower, corn, eggplant
Meats Products	<ul style="list-style-type: none"> • Lean chicken, pork, turkey, beef • Fish • Ground meat • Eggs 	<ul style="list-style-type: none"> • Meats with casings such as sausage, hot dogs • Fatty cuts of meat • Fried meats

Plant Based Products	<ul style="list-style-type: none"> • Smooth nut butters • Well pureed hummus • Tofu 	<ul style="list-style-type: none"> • Chunky nut butters • Nuts and seeds • Beans, legumes, lentils
Fats and Oils	<ul style="list-style-type: none"> • Butter, margarine • Olive, canola or vegetable oil • Mayonnaise • Salad dressings 	
Beverages	<ul style="list-style-type: none"> • Non citrus juices • Decaf coffee, tea • Nutritional supplements as needed for weight gain or low appetite 	<ul style="list-style-type: none"> • Citrus juices • Carbonated drinks • Alcohol • Caffeine drinks
Other	<ul style="list-style-type: none"> • Sugar, honey, seedless jams, jellies • Sherbet 	<ul style="list-style-type: none"> • Fried foods • Spicy foods • Popcorn • Coconut

*A regular/balanced diet includes a variety of fruits, vegetables, whole grains, and protein foods. Check out <https://food-guide.canada.ca/en/> for more information.