



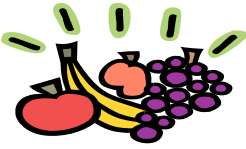
Transitional Diet Following Bowel Surgery


Do I need to follow a special diet after my bowel surgery?

- Most surgeries that involve the bowel do not require a special diet. Despite this, some people still feel uneasy about eating after surgery and are nervous that they may not tolerate regular foods.
- If you are feeling this way the following guidelines may help you transition back to your regular diet.
- Remember to return to your regular diet as soon as possible these recommendations are for short term use only (about 2-3 weeks after surgery)

General Guidelines

- Small frequent meals including softer foods may be easier to manage (see table)
- To prevent swallowing air which produces excess gas, avoid drinking through a straw and don't chew gum.
- Take small bites, chew your food well and avoid gulping fluids.
- Eat foods that are easy to swallow and digest. They usually consist of soft, moist foods such as soup, gelatin, puddings and yogurt.
- Avoid foods which may cause discomfort, for example:
 - small, rough particles such as skins, seeds, and foods which may cause gas and distention, including beans, broccoli, cabbage, cauliflower, corn, onions, lentils and peas
 - If you have difficulty eating enough food to maintain your weight try adding some high energy foods to your diet:
 - margarine or oil (add to soups, vegetables or rice)
 - sour cream (add to meat, fruits or vegetables)
 - peanut butter (add to milkshakes, yogurt, egg nog)
 - skim milk powder (added to puddings, soups, shakes, hot chocolate)
 - whipped cream (add to fruit, puddings & dessert)

TYPE OF FOOD	FOODS TOLERATED WELL	NOT TOLERATED
<p>MILK & MILK PRODUCTS</p> 	<ul style="list-style-type: none"> ▪ milk ▪ evaporated milk ▪ buttermilk ▪ soy milk, rice milk, ▪ yogurt, ▪ frozen yogurt or ice cream ▪ cottage cheese ▪ soft cheese products ▪ shakes and smoothies 	<ul style="list-style-type: none"> ▪ yogurts containing fruits with seeds or skins ▪ strong/aged cheeses ▪ cheese containing hot peppers ▪ frozen desserts with nuts, seeds or dried fruits
<p>BREADS & CEREALS</p> 	<ul style="list-style-type: none"> ▪ hot cereals ▪ dry cereals soaked in milk ▪ soft breads/rolls ▪ english muffins ▪ soda crackers/melba toast ▪ plain cookies ▪ rice ▪ pasta ▪ muffins ▪ pancakes/waffles 	<ul style="list-style-type: none"> ▪ breads with nuts and seeds or dried fruit ▪ cereals with nuts, seeds or dried fruit ▪ barley ▪ high fat baked goods ▪ baked goods with nuts seeds or dried fruits ▪ whole grain products (if experiencing diarrhea)
<p>FRUITS & VEGETABLES</p> 	<ul style="list-style-type: none"> ▪ tender cooked vegetables ▪ baked potatoes (no skin) ▪ fruit and vegetable juices ▪ soft fresh fruits such as bananas and melon ▪ canned fruits ▪ cooked fruits ▪ soups and stews (made with acceptable vegetables) 	<ul style="list-style-type: none"> ▪ raw vegetables/fruits with tough skins <ul style="list-style-type: none"> ○ fruits/vegetables with seeds (such as berries, cucumbers, tomatoes) ▪ dried fruits ▪ high acid fruits and vegetables (such as <ul style="list-style-type: none"> ○ oranges, orange juice, ○ tomatoes and tomato juice or sauces) ▪ limit gas producing vegetables (such as broccoli, Brussels sprouts, cabbage, cauliflower, corn, eggplant)

TYPE OF FOOD	FOODS TOLERATED WELL	NOT TOLERATED
<p>MEATS & ALTERNATES</p> 	<ul style="list-style-type: none"> ▪ tender/lean cuts of chicken, beef, fish pork, turkey ▪ ground meats ▪ eggs ▪ creamy nut butters ▪ tofu 	<ul style="list-style-type: none"> ▪ tough fibrous meats ▪ nuts and seeds ▪ chunky nut butters ▪ meats with casings (hot dogs, sausages) ▪ dried beans, peas , lentils ▪ fried meats ▪ fatty cuts of meat
<p>FATS & OILS</p>	<ul style="list-style-type: none"> ▪ butter ▪ margarine ▪ mayonnaise ▪ Oil ▪ peanut butter, nut butters ▪ cream Cheese ▪ sour cream 	<ul style="list-style-type: none"> ▪ highly seasoned salad dressings
<p>BEVERAGES</p>	<ul style="list-style-type: none"> ▪ milk ▪ non-citrus juices ▪ nutritional supplements 	<ul style="list-style-type: none"> ▪ chocolate drinks ▪ carbonated drinks ▪ citrus juice (orange) ▪ alcohol ▪ caffeine drinks
<p>OTHER</p>	<ul style="list-style-type: none"> ▪ sugar ▪ honey ▪ jelly ▪ seedless jams 	<ul style="list-style-type: none"> ▪ fried foods ▪ spicy foods ▪ crunchy chips ▪ popcorn ▪ coconut ▪ jams with seeds ▪ whole spices (i.e. peppercorns or cloves)

NOTES FROM YOUR DIETITIAN:

Registered Dietitian: _____

905-378-4647 ext _____

Revised: March 2017

Adapted from Soft diet- Hamilton health sciences

-Cleveland Clinic Foundation

-Oregon surgical Medical Center