



## Transitional Diet Following Bowel Surgery

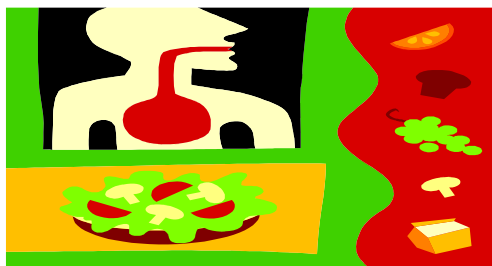


### Do I need to follow a special diet after my bowel surgery?

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 as these recommendations are for short term use only (about 2-3 weeks after surgery).

### General Tips and Guidelines:

- Small frequent meals including softer foods may be easier to manage (see table below)
- Avoid small, rough particles including skins, seeds and nuts they may cause discomfort
- Commercially prepared foods may be easier to tolerate such as soups, puddings, cottage cheese, applesauce and yogurt
- If you are having difficulty eating enough food to maintain your weight, try adding the following high energy foods to your diet:
  - Margarine or oil (add to soups, cooked vegetables, rice)
  - Sour cream (add to meat, fruit or vegetables)
  - Cream or whole milk (add to cereal, fruit, cream soups)
  - Peanut butter (add to milkshakes, yogurt)
  - Whipped cream (add to puddings, hot chocolate, fruit, desserts)
  - Skim milk powder (add to puddings, soups, desserts, hot chocolate, milkshakes, eggnog to increase protein and calories)
  - Candy, sugar, honey, jams, jellies, fruit drinks and gelatin desserts can also provide extra calories



Food Group	Foods Tolerated Well	Foods Not Tolerated Well
Grain Products	<ul style="list-style-type: none"> <li>• Hot cereals such as oatmeal or cream of wheat</li> <li>• Dry cereal allowed to soften with added milk</li> <li>• Pasta</li> <li>• Soft bread or bagels</li> </ul>	<ul style="list-style-type: none"> <li>• Breads or cereals with nuts, seeds or dried fruit</li> <li>• Whole grain products if you are experiencing diarrhea</li> </ul>
Vegetables and Fruit	<ul style="list-style-type: none"> <li>• Tender cooked vegetables versus raw</li> <li>• Fruit and vegetable juices</li> <li>• Soft fresh fruit such as bananas or melon</li> <li>• Canned fruit may be better tolerated than fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• Skins and seeds of fruits and vegetables</li> <li>• Dried fruit</li> <li>• High acid fruit and vegetables and their juices such as orange juice, tomato juice and tomato products</li> </ul>
Milk and Alternatives	<ul style="list-style-type: none"> <li>• Generally most milk products are tolerated well</li> <li>• Blenderized shakes and smoothies made with milk or yogurt</li> <li>• Pudding</li> <li>• Ice cream or frozen yogurt</li> <li>• Cottage cheese, soft cheeses</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurts containing fruits with seeds or skins</li> <li>• Legumes and lentils</li> </ul>
Meats and Alternatives	<ul style="list-style-type: none"> <li>• Softer meats such as minced poultry, meat and fish</li> <li>• Eggs</li> <li>• Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts and seeds</li> <li>• Chunky peanut butter</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Soups or stews</li> <li>• Sherbet</li> </ul>	<ul style="list-style-type: none"> <li>• Fried foods</li> <li>• Spicy foods</li> <li>• Crunchy chips</li> </ul>

**Dietitian:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_