## http://www.colorectalsa.com.au/wp-content/uploads/2014/09/colorectalSA_logoweb-right1.png

## DIET AND BOWEL FUNCTION ADVICE

## FOODS THAT CAN GIVE YOU GAS

* Cabbage
* Beans
* Onions
* Spinach
* Corn
* Radishes
* Cucumber
* Fizzy drinks
* Beer
* Dairy products
* Artificial sweeteners (diet products)
* Chewing gum

## FOODS THAT CAN MAKE BOWEL MOTIONS FIRMER (EAT LESS IF YOU ARE CONSTIPATED)

* Bananas
* Boiled rice
* White pasta
* White bread (not high fibre)
* Marshmallows (white)
* Peanut butter
* Potatoes
* Cheese
* Yoghurt
* Pretzels
* Milk Arrowroot biscuits
* Tapioca

## FOODS THAT CAN MAKE THE BOWEL MOTIONS SOFTER AND MORE FREQUENT (EAT LESS IF YOU HAVE LOOSE MOTIONS)

* Vegetables - especially red capsicum, cabbage, onions, spinach, dried and fresh beans, peas, corn, Brussel sprouts and broccoli.
* Fruit – (fresh, canned and dried), especially grapes and stone fruit such as apricots, peaches, plums, prunes.
* Bran and high fibre cereals, multigrain and wholemeal bread
* Fibre supplements – psyllium, Metamucil, Benefibre
* Spices such as chilli and curry
* Garlic
* Milk, cream, ice cream
* Chocolate
* Nuts
* Popcorn
* Fruit juice
* Artificial sweeteners (diet products)
* Alcohol – especially beer and red wine