

**BOWEL OBSTRUCTION – HIGH RISK FOODS**

**FOODS TO AVOID IN YOUR DIET**

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| --- | --- | --- | --- | --- |
| BREAD AND CEREAL | VEGETABLES | DAIRY | FRUIT | MISCELLANEOUS |
| Wholegrain Cereals – Porridge, Bran, Weetbix, Sultana Bran, Just Right | Stringy and Woody Vegetable Skins, Husks and Peels  | Products with fruit and nuts such as in yoghurt and cheeses (plain is alright).  | Fibrous Fruits, Skins, Piths, Seeds and Stalks  | Seeds  |
| Wholegrain Bread | Celery | Pineapple | Nuts |
| Cereals with Fruit and Nuts | Stringy Beans | Citrus (oranges, mandarin, lemon) | Lentils |
| Wholemeal Pasta | Stalks of Broccoli/Cauliflower/Brussell Sprouts | Persimmons | Coconut |
| Wholemeal Flour | Cabbage | Grapes | Popcorn |
| Psyllium/Metamucil | Asparagus | Dried Fruit | Corn Chips |
| Wheatgerm | Peas, Beans and Corn | Rhubarb | Bubble Gum |
| Unprocessed Bran | Mushrooms – Fresh and Dried | Berries | Jelly Type Lollies/Jubes |
| Brown Rice | Baked Beans | Figs | Muesli Bars |
|  | Bean Shoots, Parsnips, Sweetcorn, Zucchini | Stone Fruit – Nectarines, Peach, Apricot, Plums |  |
|  | Cucumber, Lettuce, Olives | Kiwi Fruit |  |

**FOODS TO INCLUDE IN YOUR DIET**

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| BREAD AND CEREAL | VEGETABLES | DAIRY | FRUIT | MISCELLANEOUS |
| White Bread | Silver Beet | Milkshakes | Apple | Sugar |
| Pancakes | Tinned Beetroot | Plain Yoghurt | Avocado | Honey/Golden Syrup |
| Refined Cereals – Cornflakes, Rice Bubbles | Cauliflower – flower tips | Custard | Tinned, Stewed or Ripe Fresh Fruit | Vegemite |
| Semolina | Asparagus tips | Vanilla Fruche | Mango | Nutella, Chocolate |
| Plain Biscuits – Salada, Water Crackers | Carrot | Mousse | Pear | Milo, Quick, Drinking Chocolate |
| White Rice, Pasta and Noodles | Onion (small amount for cooking) | White Rice Pudding | Honeydew Melon | Marshmallows |
| White Flour | Potato and Sweet Potato | Cream Cheese | Rockmelon | Plain Cakes and Scones |
| Plain Sweet Biscuits – Milk Arrowroot | Pumpkin |  | Watermelon (Seedless) | Gelatine/Jelly |
| Crumpets | Tomato Juice/Puree/Paste |  | Fruit Juice (Strained) | Milk Puddings |
| Tinned Spaghetti | Swede |  |  | Gravy, Tomato Sauce, Soy Sauce, Vinegar |
|  |  |  |  | Pretzels/Potato Chips |