

BOWEL FUNCTION AND FOOD / FLUIDS

CAN THICKEN STOOL

Bananas	Apples
Toast	Bread
Potatoes	Tapioca
Yogurt	Pasta
Cheese	Applesauce
Creamy Peanut Butter	Rice

CAN LOOSEN STOOL or  
STIMULATE a BOWEL MOVEMENT

String Beans	Chocolate
Raw Vegetables	Raw fruits
Fried Foods	Greasy Foods
Prune Juice	Grape Juice
Warm Foods	Warm Drinks

CAN CAUSE GAS

Apple Juice	Cabbage
Broccoli	Vinegar
Beans	Seltzer
Soda	Onions
Wine	Beer

CAN CAUSE STOOL ODOR

Alcohol	Fish
Asparagus	Vitamins
Garlic	Beans
Cabbage	Onions

FOOD & FLUID INFLUENCES ON BOWEL FUNCTION  
(continued)

CAN CAUSE BOWEL IRRITABILITY

- |   |                    |
|---|--------------------|
| Milk & Milk Products                      | Chocolate          |
| Tomatoes and Tomato based food            | Eggs               |
| Fried Foods                               | Salads             |
| Greasy Foods                              | Cirtus Fruit/Juice |
| Artificial Sweeteners                     | Alcohol            |
| Caffeinated Fluids<br>(tea, coffee, soda) |                    |

HIGH FIBER FOODS

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|----------------|---------|
| Blackberries   | Beans   |
| Raspberries    | Prunes  |
| Baked Potato   | Corn    |
| Whole Grains   | Oatmeal |
| Dried Apricots | Nuts    |
| Bran Cereal    | Pears   |
| Bananas        | Celery  |
| Raisins        | Cabbage |
| Popcorn        | Apples  |
| Spinach        | Carrots |
| Dried Figs     | Lentils |

INSTRUCTIONS:

COMMENTS: