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FOOD GUIDE

Some foods have been identified as having certain effect on the bowels. The following list may help you select foods to eat or to avoid. Individual tolerance to foods varies, so use this list as an initial guide.

Gas forming foods:

Beans
Beer
Broccoli
Brussels sprout
Cabbage
Carbonated beverages
Cauliflower
Onions

Stool thickening foods:

Applesauce
Bananas
Breads and starches
Cheeses
Pasta
Peanut butter (creamy)

Stool thinning foods:

Alcoholic beverages
Grape juice
Heavily spiced foods
Prune juice

Foods that reduce odor:

Buttermilk
Parsley
Yogurt

Foods that cause odor:

Asparagus
Eggs
Fish
Garlic
Onions

Foods that are not digested completely:

Celery	Coconut
Corn	Dried fruit
Green peppers	Lettuce
Mushrooms	Nuts
Olives	Peas
Pickles	Pineapple
Popcorn	Seeds
Raw vegetables	Spinach
Skins of fruits and vegetables	

Reminders:

- Eating more than one food from within a list may intensify the effect on the bowel.
- Do not eliminate a food from your diet without trying it several times.