

Food Chart

The following food chart lists foods that can cause or help bowel problems

This is only a guide as foods can affect people differently

Foods that cause flatus/gas/wind	Cabbage family vegetables (cabbage, Brussels sprouts, broccoli and cauliflower) Onions Spinach Beans Corn	Radishes Cucumber Nuts Carbonated drinks Beer Dairy products
Foods that can make bowel motions firmer	Bananas Pasta (white) Milk arrowroot biscuits Tapioca Potatoes Yoghurt	Boiled rice (white) White bread (not high fibre) Marshmallows (white) Peanut butter Cheese Pretzels
Foods that make bowel motions softer and more frequent	Vegetables (especially red capsicum, cabbage, onions, spinach, dried and fresh beans, peas, corn, Brussels sprouts and broccoli) Fruit (fresh, canned or dried) especially grapes and stone fruit such as apricots, peaches, plums, prunes and kiwifruit Spices such as chilli and curry Caffeine — in coffee, tea and cola drinks Alcohol, especially beer and red wine Bran, and other high fibre cereals and breads (multigrain, megagrain, wholemeal, high fibre white)	Garlic Milk and other dairy products Chocolate Nuts Popcorn Greasy food Prune, orange and grape juices Some fibre supplements (affect people differently)