

Colorectal Surgery Diet Menu

Menu Specially Prepared for:

Room/Name

This diet will help you avoid high-density fiber foods, or “ruffage,” while healing from bowel surgery. Ruffage includes raw vegetables (for example a large salad, raw carrots, celery) and vegetables/fruits with skins on them (tomatoes, apples, peaches, kiwis, etc.). Cooked vegetables are ok if you can cut them with the side of your fork. Raw fruits (apples for example) are okay with the skins removed. Please order foods that will not upset your bowels, as they are still healing. If it made you feel bloated or sick before surgery, it will now too.

Breakfast

Breakfast is available from 6:30 am-10:30 am.

Main Courses

- Hot cereal:
 - Oatmeal
 - Cream of wheat
 - Grits (plain or with berry topping)
- Cold cereal:
 - Raisin Bran®
 - Cheerios™
 - Honey Nut Cheerios™
- Shredded wheat
- Scrambled eggs
- 3-cheese omelet (Swiss, cheddar, provolone)
- Crepes with blueberry topping
- Breakfast sandwich on an English muffin with 1 egg and:
 - Canadian bacon
 - Turkey sausage
 - Cheese
- Pancakes (buttermilk or blueberry)
- Baked cod

Breakfast Sides

- Toast (white, whole wheat, cinnamon raisin, or rice bread)
- Avocado
- Bacon
- Canadian bacon
- Turkey sausage patty
- Pork sausage links
- Hard-boiled egg
- Hash browns
- English muffin
- Bagel (plain or cinnamon raisin)
- Muffin (blueberry or apple cinnamon)
- Greek yogurt (blueberry, strawberry, or vanilla)
- Yogurt (strawberry)
- White or brown rice
- Black beans

Fruits (available all day)

- Fresh fruit
 - Bananas
 - Orange
 - Cantaloupe
- Canned fruit
 - Applesauce
 - Peaches
 - Pears
 - Prunes

Lunch and Dinner

These items are available from 10:30 am-7:00 pm.

Main Courses

- Grilled chicken breast (plain or with BBQ, or honey mustard)
- Baked cod
- Grilled salmon (plain or mustard dill)
- Roast turkey breast
- Pasta:

- White or whole wheat rigatoni
- Marinara or pesto sauce
- Optional chicken or meat sauce
- Burrito bowl:
 - White or brown rice
 - Ask for no lettuce, tomato, or onion
 - Add tofu, chicken, or cheese
- Quesadilla:
 - Ask for no lettuce or tomato
 - Add black beans, tofu, or chicken
- Macaroni and cheese
- Meatloaf
- Pot roast
- Cheese flatbread pizza

Hot Sandwiches

- Hamburger or cheeseburger (beef or turkey)
- Grilled chicken sandwich
 - Cheese optional
 - Ask for no lettuce, tomato, or onion
- Sloppy joe (ground turkey)
- Grilled cheese

Cold Sandwiches

- Turkey and avocado on your choice of bread (ask for NO lettuce or tomato)
- Peanut butter and banana
- Build your own:
 - Turkey
 - Ham
 - Bacon
 - Chicken salad
 - Egg salad
 - Tuna salad
 - PB&J
 - Hummus
 - Pickles
- Bread
 - Whole wheat
 - White

- Sub roll
- Rice bread
- Cheese
 - Cheddar
 - Provolone
 - Swiss
 - Pepper jack

Soups

- Soups
 - Soup of the day
 - Chicken noodle
 - Tomato
 - Cream of potato
 - Chipotle Sweet Potato Chili
- Broth
 - Beef
 - Chicken
 - Vegetable

Sides and Vegetables

- Steamed vegetables
 - Peas
 - Carrots
 - Green beans
- White or brown rice
- Mashed potatoes
- Baked potato (do not eat skin)
- Baked sweet potato (do not eat skin)
- Refried Beans
- Scrambled Eggs
- Bacon
- Pork sausage link
- Turkey sausage patty
- Dinner roll
- Buttered noodles

Snacks/Drinks/Desserts

These options are available all day.

Snacks

- Chips (baked potato chips or harvest cheddar SunChips®)
- Cottage cheese
- String cheese
- Granola bar
- Bagel (plain, cinnamon raisin)

- Muffin (blueberry, apple cinnamon)
- English muffin
- Toast (whole wheat, white, rice, cinnamon raisin)
- Greek yogurt (blueberry, strawberry, or vanilla)
- Yogurt (strawberry)
- Hard-boiled egg
- Saltine or graham crackers

Drinks

- Hot drinks
 - Coffee (regular or decaf)
 - Hot chocolate
 - Tea (black, green or herbal)
- Cold drinks
 - Bottled water
 - Sugar-free lemonade
 - Iced tea
 - Powerade® Dye Free (Mountain Berry or Strawberry Kiwi)
- Dairy Milks
 - Skim
 - 2%
 - Whole
 - Chocolate
- Lactose Free Non-dairy milk (almond or soy)
- Juice
 - Apple
 - Cranberry
 - Grape
 - Orange
 - Prune
 - Low-sodium V8®

Desserts

Desserts are available all day.

- Fruit smoothie (blueberry banana)
- Cookies
 - Chocolate chip (regular or sugar free)
 - Sugar
 - Oatmeal cranberry
- Gelatin (regular or sugar free)
- Pudding (vanilla, chocolate, sugar free)
- Banana bread
- Cake (chocolate or angel food)
- Cheesecake (plain or with chocolate sauce)
- Apple pie
- Frozen desserts
 - Sherbet (orange or raspberry)
 - Milk shake (vanilla or chocolate)
 - Popsicles (regular or sugar-free)
 - Fruit ice (orange or cherry)
 - Frozen yogurt
 - Ice cream (vanilla, chocolate)

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8328