

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 it 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

- Hot cereal: cream of wheat or cream of rice, oatmeal
- Cold cereal: Honey-Nut Cheerios, Corn Flakes, Rice Krispies, Rice Chex, Cheerios, or Shredded Wheat
- Scrambled eggs
- Hard boiled eggs
- Omelet: cheese, ham, chicken, and/or feta cheese
- French toast (white or whole wheat) or crepes with powdered sugar
- Breakfast sandwich on English muffin with scrambled eggs, cheese, bacon, ham, and/or sausage
- Pancakes: buttermilk or blueberry

Breakfast Sides

- Toast: white, whole wheat, or cinnamon raisin
- English muffin
- Bacon
- Ham
- Turkey sausage
- Sausage links
- Hash browns

- Bagel: plain or cinnamon raisin
- Blueberry muffin or apple bran muffin
- Greek yogurt (blueberry, strawberry, or vanilla)
- Banana bread

Fruits

- Fresh: banana, cantaloupe, watermelon, orange
- Canned: applesauce, mandarin oranges, peaches, pears, or fruit cocktail

Soups

- Soups: chicken noodle, tomato, cream of potato, vegetarian chili; beef, chicken or vegetable broth

Flat-Bread Pizza

- Toppings: cheese, chicken, ham, pepperoni, sausage, and/or black olive

Hot Sandwiches

- Roast beef on a baguette
- Burger: beef, turkey, salmon, or spicy black bean
- Grilled chicken breast
- Grilled cheese: American, cheddar, provolone, Swiss, or pepper jack
- Quesadilla: cheese, chicken and cheese, beef and cheese, bean and cheese, or steak and cheese
- Sloppy Joe

Build Your Own Sandwiches

- Fillings: ham, roast beef, turkey, turkey and avocado, egg salad, or creamy peanut butter and jelly
- Toppings: cheese, bacon, avocado, grilled onion
- Bread: White or wheat bread, baguette, or flour tortilla

Snacks

- Baked potato chips or sun chips
- Cottage cheese
- String cheese
- Fruit leather
- Granola bar
- Greek yogurt (blueberry, strawberry, or vanilla)
- Saltine or graham crackers

Main Courses

- Grilled chicken
- Chicken parmesan
- Baked cod
- Grilled salmon (plain or with mustard dill sauce)
- Cheese lasagna
- Roast turkey breast
- Baked macaroni and cheese
- Linguini primavera
- Chicken pot pie
- Meatloaf
- Taco on corn or flour tortilla
 - Fillings: beef, chicken, white fish, or refried beans
 - Toppings: cheese, guacamole, salsa, and/or sour cream
- Pot roast
- Beef stew
- Chicken parmesan
- Linguini with shrimp scampi
- Tuna noodle casserole

Sides

- Steamed vegetables: peas, carrots, green beans
- Sautéed vegetable blend
- White rice or brown rice
- Mashed potatoes
- Refried beans
- Baked potato (do **not** eat skin)

- Baked sweet potato (do **not** eat skin)
- Garlic bread
- Macaroni and cheese
- Dinner roll

Drinks

- Hot drinks: regular or decaf coffee, hot chocolate, regular or decaf black tea, green tea, decaf apple cinnamon tea
- Cold drinks: bottled water, sugar-free lemonade, iced tea, or Powerade
- Dairy milk: 1%, 2%, skim, whole, lactose-free, or chocolate
- Non-dairy milk: chocolate or vanilla soy, rice or almond
- Juice: apple, cranberry, diet cranberry, grape, orange, or low-sodium V8

Desserts

- Fruit smoothie: mixed berry or strawberry banana
- Sugar-free cookies: chocolate chip or lemon cream
- Regular or sugar free gelatin: lime, orange, or strawberry
- Regular or sugar free pudding: vanilla or chocolate
- Breads and cakes: banana bread, angel food cake, cheesecake (plain or with chocolate sauce)
- Cookies: chocolate chip, sugar or oatmeal with cranberry
- Pie: apple, cherry or lemon meringue
- Frozen desserts: frozen yogurt (vanilla, chocolate or strawberry), sherbet (orange or raspberry), sugar-free sorbet (orange or strawberry), milk shake (vanilla or chocolate), popsicle, or fruit ice (orange or cherry)

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 © 2/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8328.