

Light diet sheet – after emergency abdominal / bowel surgery



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Food Type	Optional Foods	Foods to avoid
Breakfast Foods	Corn flakes, frosted flakes, rice crispies, puffed wheat, oat-based cereals; rolled oat porridge, Ready Brek	Bran based cereals – all-bran, branflakes; wholewheat cereals - Shreddies, Shredded Wheat, Weetabix; cereals containing dried fruit or nuts; granola, muesli, Crunchy Nut Flakes
Breads, crackers etc	White bread & rolls, english muffins, crumpets, waffles, pancakes, scones, white crackers	Wholemeal, wholegrain, granary or seeded bread and rolls, 50:50 bread Bread/bread products with nuts, seeds or dried fruit, Wholemeal crackers
Starchy Foods	White rice, pasta or noodles, potatoes with skin removed, couscous, bulgar wheat, polenta, tapioca	Brown rice, pasta or noodles, wholegrains, potato skins
Dairy	Milk and cream, all cheeses, yoghurt crème fraiche, fromage frais	Yoghurts / cheese & alike with pips, nuts etc
Vegetables and Salad	Soft, cooked without peel or seeds, vegetable-based soup	Raw vegetables, seeded vegetables, sweetcorn, celery, beans, pulses, legumes, high fibre veg (mushrooms, spinach, cabbage)
Fruit	Soft fruits without seeds & peel - banana, peach, plum, apple; canned fruit	Citrus fruits, berries, dried fruit, fruit juice with bits
Nuts & seeds	Smooth peanut butter	All nuts & seeds, crunchy peanut butter, coconut
Meat, fish & alternatives	Lean meat and poultry, fish, eggs – not fried, Quorn, tofu, meat-based soups	Tough or fatty meats, high fat processed meats, chicken Kiev, pies/pastries, fried eggs
Desserts	Custard, ice cream, sponge, milk, rice pudding, crème caramel, jelly	Puddings with dried fruit, nuts or coconut
Snacks	Plain biscuits, cakes and scones, chocolate / fudge, sweets, crisps & popcorn	Biscuits, cakes or scones with wholemeal flour or seeds/nuts/dried fruits, oat biscuits/cereal bars
Drinks	Smooth fruit juice, squash, fizzy drinks, tea / coffee	