

# Diet After Rectal Surgery

FOLLOW FOR 2 DAYS

## **Forbidden Foods:**

**General:** Avoid all greasy or fried foods, together with hot breads, gravies and highly seasoned foods. Coffee and tea together with carbonated drinks, over one a day should be omitted.

**Meats:** Bacon, duck, goose, ham, liver, pork, veal, sausage, gravies, meat sauces and dressing, meat soups, beef tea and broth, consommé, sea foods as lobster, shrimp and oysters.

**Vegetables:** Asparagus, raw cucumbers, raw onions, baked beans, peppers, boiled cabbage, Brussels sprouts, radishes, and other rough fibrous vegetables.

**Condiments:** As mustard, catsup, pepper, chili sauce, steak sauces, relishes.

**Sour foods:** Olives, pickles, sauerkraut, and appetizers as herring, sardines and caviar.

**Beverages:** Tea, coffee, cocoa, iced or carbonated drinks, alcoholic and malt drinks.

**Fruits:** Omit fruits with seeds like berries, cranberries, rhubarb, etc.

Do not eat nuts or much ice cream. Omit hot bread, waffles, griddle cakes, doughnuts, puddings, doughy food, dumplings, pies and cakes and rich sweet.

## **Permitted foods:**

**Breakfast:** Fruit juices, lemons, oranges, grapefruit, pineapple (unsweetened) diluted with water. Stewed fruits as figs, dates, raisins, prunes, without sugar, milk, buttermilk, cultured milk, cereals thoroughly cooked and sweetened with honey. Whole wheat bread, toast, crackers or

rolls, butter, cream, poached eggs, eggs coddled or poached, boiled or scrambled.

**Lunch or Dinner:** Mutton and barley soup, baked potatoes, macaroni, spaghetti or bread. Fresh vegetables as carrots, spinach, tomatoes, cauliflower, peas, string beans, lima beans, cooked onions, tomatoes, etc. Green salads with French dressing. Roast beef, mutton, fish, turkey, chicken (all boiled, baked or broiled not fried) Graham bread, rolls, muffins, corn or bran bread, orange, date and raisin bread. Desserts as Jell-O, junket rice pudding with raisins or whipped cream. Honey can be used for sweetening. Drink plenty of water.