



***Foods That May Affect Bowel Function***

<b>Foods</b>		<b>Effects</b>
Beans Beer Caffeinated beverages Chocolate Leafy green vegetables Nutmeg Raw fruits and vegetables Sorbitol Spicy Foods		May increase output
Apples Applesauce Bananas Beef Boiled rice Cheese (creamy) Dried beans	Figs Pasta Peanut butter Pork Potatoes Tapioca Wheat	May thicken stool
Beer Bran Carbonated beverages Dried beans and peas Figs Milk and milk products Onions	Rye Vegetables in the cabbage family (e.g. cabbage, brussel sprouts, broccoli)	May cause gas
Asparagus Eggs Fish Garlic Onions		May cause odor
Buttermilk Parsley Yogurt		May reduce odor