You have been advised to follow a “light” diet for a short period after surgery. This diet will likely just be for a couple of days while you are in hospital. This diet is very limited but not intended for use after you leave hospital. Some people might continue to have some restrictions.

Your doctor, dietitian or colorectal nurse will advise you on when to start increasing the variety of your diet, and what that will include.

A light diet consists of foods which are not too difficult for our bodies to digest. Suitable foods include low fibre foods.

What foods can I eat?

- Corn or rice-based cereals
- Egg, omelette, plain fish or meat, Quorn
- Mashed potatoes or boiled rice
- Chicken meriteone soup
- Sandwiches on white bread with a low fat filling such as ham or plain tuna. Please check with your surgeon or dietitian if you can have bread, as this depends on the surgery that you have had
- Small portions of boiled, well-cooked root vegetables (without skins, pips or stalks) for example carrots, parsnips, butternut squash, and swede
- Rice pudding, jelly, ice cream, smooth yoghurt, mousse, custard

What foods should I avoid?

- Wheat or bran based cereals or biscuits
- Cheese or very creamy/fatty/fried foods – people often find these difficult to digest post-surgery but your tolerance may vary Sweet or savoury pastry/ crumble, nuts
- Wholemeal or wholegrain products
- Beans and pulses, potato skins
- Green vegetables, sweetcorn and salad
- Fruit with pips, seeds and skins
- Very spicy foods

There are a variety of suitable options on the QEHB hospital menu. These include:

**Breakfast:**
- Corn or rice-based cereals with semi-skimmed milk
- White toast with butter and (seedless) jam

**Midday or evening meal:**
- Ham or tuna sandwich on white bread
- Soup (strained from vegetables)
- Omelette
- Egg

**Side dishes:**
- Boiled rice
- Mashed, roast or steamed potatoes
- Jacket potato **without** the skins

**Desserts:**
- Rice pudding
- Custard
- Stewed apples
- Tapioca pudding
- Jelly
- Smooth yoghurt

**Snacks:**
- Meritene Energis Shake - this is a high protein milkshake which is available on the ward at any time and does not need to be prescribed
- Meritene soup – this is a build-up soup, also available **at any time**
- Smooth yoghurt
- Ripe banana

If any of these foods are not on the menu then please speak to your dietitian about making a catering request.