

## Dietary Influences on Bowel Function

<i><b>Foods that increase odor</b></i>	<i><b>Foods that increase gas</b></i>	<i><b>Foods that thicken stool</b></i>	<i><b>Foods that loosen stool</b></i>	<i><b>High-fiber foods that may cause blockages</b></i>
asparagus	beans	applesauce	green beans	dried fruit
broccoli	beer	bananas	beer	grapefruit
brussels sprouts	carbonated soda	cheese	broccoli	nuts
cabbage	broccoli	boiled milk	fresh fruits	corn
cauliflower	brussels sprouts	marshmallows	grape juice	raisins
beans	cabbage	pasta	raw vegetables	celery
eggs	cauliflower	creamy peanut butter	prunes/juice	popcorn
fish	corn	pretzels	spicy foods	coconut
onions	cucumbers	rice	fried foods	seeds
some spices	mushrooms	bread	chocolate	coleslaw
	peas	tapioca	spinach	Chinese vegetables
	radishes	toast	leafy green vegetables	meats with casings
	spinach	yogurt	aspartame	oranges
	dairy products	bagels	Nutrasweet	