

LAXATIVE DIET



Laxative foods help to loosen bowel movements. These foods allow stool to move through the bowel faster. They can be helpful in patients who have hypomotility or a slower moving colon.

FOOD GROUP	FOOD RECOMMENDATIONS	FOOD TO LIMIT
Milk	High-fat dairy products	Rice milk
Vegetables	All vegetables - especially raw with peel or skin on	
Fruits	All fruits with skin or peel on Fruit juice with pulp, canned pineapple, prunes, dried fruit, jam, marmalade Dried fruits	Applesauce and apples without the skin
Starch, Grains	Whole-grain or seeded breads Whole-grain pasta Brown rice, wild rice, rolled oats, and other whole grains: barley, farro, kamut, quinoa	Cereals, breads, crackers, pastas made from refined flours White rice, pretzels, white potatoes (without skin)
Meat, Seafood, Legumes	Beans Fried or greasy meats, salami, cold cuts, hot dogs, meat substitutes	
Fats, Oils	Butter, margarine, oils Fried foods	
Sweets	Chocolate (especially dark)	Sugar-free items
Beverages	Soda, juices, high-sugar drinks, Kool-aid/ powdered drinks, caffeinated coffee and teas	Sugar-free items
Extras	Seasonings and spices	

If you have any questions about your child's regimen, please contact the colorectal and pelvic reconstruction clinical team at:

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