



General Surgery  
 1825 Martha Berry Blvd. Rome, GA 30165  
 706-236-6328

**GASTROINTESTINAL SOFT DIET**

Since the food tolerances of patients with gastrointestinal disorders and symptoms can vary considerably, attention should be given to individual food tolerances.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS EXCLUDED</b>
<b>Beverages and Milk</b>	Milk and milk drinks Cereal beverages Carbonated beverages Coffee Tea	Alcohol
<b>Breads and Crackers</b>	White, Seedless rye, fine whole-wheat bread Plain crackers Graham crackers	Coarse whole-grain breads Breads with seeds, nuts, or raisins Highly seasoned crackers
<b>Cereals and Grains</b>	Cooked and dry cereal unless listed as excluded Plain spaghetti, macaroni, noodles Rice	Bran cereals Cereals with raisins Brown or wild rice
<b>Desserts</b>	Plain cake, cookies, pudding, custard, ice cream, sherbet, gelatin, fruit whips	Pastries, pies, desserts containing nuts, coconut, dried fruits, fruit with seeds or tough skin
<b>Fats</b>	Butter Cream; cream sauce Bacon Margarine Mayonnaise; mild salad dressing	Fried foods Gravy Nuts Olives Spicy salad dressing
<b>Meat, Fish, Poultry, Cheese, Eggs, Legumes</b>	Meat, fish, or poultry, not fried Plain cheeses Eggs, except fried Smooth peanut butter	Fried meats, fish, or poultry Highly seasoned cold cuts or sausage Fried eggs
<b>Fruits and Juices</b>	All fruit juices Avocado Banana Grapefruit and orange sections without membranes Baked peeled apple; applesauce Canned: apricots, cherries, peaches, pears, pineapple Peeled ripe peaches or pears	Raw fruit not listed as allowed Dried fruits Fruits with edible seeds or tough skins
<b>Soup</b>	Cream soups made from foods allowed; meat, rice, noodle soups	Vegetable soups unless made from foods from allowed list
<b>Sugar and Sweets</b>	Sugar, syrup, honey, clear jelly; plain, sugar candy in moderation	Jam, marmalade, and candies that contain tough skins, seeds or nuts
<b>Vegetables and Potatoes</b>	Tomato juice Cooked asparagus, beets, carrots, green or wax beans, green peas, mushrooms, potatoes, spinach, summer squash, sweet potatoes, tomatoes, winter squash	All other raw and cooked vegetables Deep-fried vegetables
<b>Miscellaneous</b>	Salt, allspice, cinnamon, paprika, herbs, flavoring extracts, ketchup	Red, black, white pepper; horseradish, mustard, pickles, popcorn, potato chips