

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.

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and milk	Milk and milk drinks, cereal beverages, carbonated beverages, coffee, tea	Alcohol
Breads and crackers	White, seedless rye, fine whole-wheat bread, plain crackers, graham crackers	Coarse whole-grain breads, breads with seeds, nuts or raisins, highly seasoned crackers
Cereals and grains	Cooked and dry cereal unless listed as excluded. Plain spaghetti, macaroni noodles, rice.	Bran cereals, cereals with raisins, brown or wild rice
Desserts	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
Fats	Butter, cream, cream sauce, bacon, margarine, mayonnaise, mild salad dressing	Fried foods, gravy, nuts, olives, spicy salad dressing
Meat, fish, poultry, cheese, eggs, legumes	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
Fruits or juices	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
Soup	Cream soups made from foods allowed; meat, rice, noodle soups	Vegetable soups unless made from foods from allowed list
Sugar and sweets	Sugar, syrup, honey, clear jelly; plain, sugar candy in moderation	Jam, marmalade and candies that contain tough skins, seeds or nuts
Vegetables and potatoes	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
Miscellaneous	Salt, allspice, cinnamon, paprika, herbs, flavoring extracts, ketchup	Red, black, white pepper; horseradish, mustard, pickles, popcorn, potato chips