

AN OVERVIEW OF A DIET WELL-TOLERATED BY THE STOMACH & INTESTINES

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Guidelines when eating



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An Overview Of A Diet Well-Tolerated By The Stomach & Intestines

This diet is soft in texture, low in fiber, and easy to digest. The goal is to decrease nausea, diarrhea, and gas in the bowel that may cause abdominal pain and discomfort. This diet is often used after abdominal surgery or as a transitional diet after gastroenteritis, diverticulitis or inflammatory bowel flares.

Food Group	Foods Allowed	Foods to avoid for 4-6 weeks
Meats & Meat Substitutes	Chicken, turkey, fish, tender cuts of beef, ground meats, eggs, creamy nut butters, tofu, skinless beef hot dogs, beef sausage patties without whole spices	Tough, fibrous meats with gristle, meat with casings (beef hot dogs, beef sausage, kielbasa), lunch meats with whole spices, shellfish, beans, chunky peanut butter, nuts
Fruits & Juices	Fruit juices without pulp, banana, avocado, applesauce, canned peaches, and pears, cooked fruit without the skin/seeds	Juices with pulp, fresh fruit (except banana and avocado), dried fruits, canned fruit cocktail and pineapple, coconut, frozen/thawed berries
Vegetables	Well-cooked or canned vegetables, potatoes without skin, tomato sauces, vegetable juice	Raw vegetables, all corn, all mushrooms, stewed tomatoes, potato skins, stir-fry vegetables, sauerkraut, pickles, olives, all dried beans, peas, and legumes
Cereals & Grains	Low- fiber dry or cooked cereals (less than 2 grams fiber per serving), white rice, pasta, macaroni, or noodles	Cereals with nuts, berries, dried fruits, whole grain cereals, bran cereals, granola, brown or wild rice, whole grain pasta
Breads & Crackers	White/refined breads and rolls, plain bagel, toast, plain crackers, graham crackers	Whole grain breads-including white whole grain; bread/ rolls with raisins, nuts or seeds, multi-grain crackers
Dairy	Milk, cheese, yogurt, milkshakes, pudding, ice cream, cottage cheese, sherbet; lactose-free or low lactose versions if lactose intolerant	Dairy product mixed with fresh fruit (except banana), berries, nuts or seeds
Desserts	Plain cake, pudding, custard, ice cream, sherbet, gelatin, fruit whips	Any dessert that contains nuts, dried fruits, coconut, or fruits with seeds

Herbs & Spices	All ground spices or herbs, salt	Whole spices such as peppercorns, whole cloves, anise seeds, celery seeds, rosemary, caraway seeds, and fresh herbs
Snacks/Other Foods	Sugar, honey, jelly, mayonnaise, mustard, soy sauce, oil, butter, margarine, marshmallows, cookies without dried fruits or nuts, snack chips and pretzels using refined flours	Carbonated beverages, jams or jellies with seeds, popcorn

After several weeks, slowly start to reintroduce the “Foods to Avoid” back into your diet unless your doctor has told you otherwise. Try a small portion of one of these foods each day. If it does not bother you within 24 hours, it can be added to your diet. Continue to add new foods in this way.

Some people may continue to have food sensitivities and may need to continue to avoid certain foods. If you cannot tolerate a food, avoid that food for a few weeks before you try it again.

Guidelines when eating

- Avoid any food that you cannot tolerate or that causes gas, bloating, or stomach pain.
- Make time for your meals. Do not eat while you are in a hurry. Cut your food into small pieces. Chew each bite to a mashed potato consistency. Do not eat when you cannot concentrate on chewing well.
- Drink at least 1.5-2.0 liters (6-8 cups) of fluid per day. Fluids include: water, coffee, tea, juice, milk, popsicles, soups, pudding, ice cream, sherbet, and yogurt. In addition, choose caffeine-free beverages more often, especially if you are having diarrhea or heartburn.
- A daily multivitamin may be recommended if diet is limited in amounts or variety of foods. Do not take any herbal supplements without first checking with your doctor.

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