

## Diet Suggestions and Guide for Short Bowel Syndrome

The following table's list examples of food choices to help guide you in balancing more easily absorbed carbohydrate (complex carbs), protein, fat, and more easily digested vegetables. First off, remember the basics!

- ✓ Low fat, high carbohydrate diet for those with colonic segment
- ✓ High fat, lower carbohydrate diet for those with jejunostomies and shorter ileostomies
- ✓ Chew foods well
- ✓ Avoid concentrated sweets and fluids
- ✓ Eat smaller meals, more often, up to 6-8 per day
- ✓ Limit fluids with meals; drink isotonic beverages
- ✓ Separate solids and liquids at meals as much as possible (eat solid foods first)

If you are struggling to meet or maintain the weight that you feel healthiest at, consider meeting with a registered dietitian to develop an individualized plan. A more detailed food guide, including specific goal calorie levels, is available at [www.GInutrition.virginia.edu](http://www.GInutrition.virginia.edu). To get the most benefit of this tool, we recommend using under the guidance of a registered dietitian who can help develop a plan specific for you.

### Good and Not so Good Food Choices for Short Bowel Syndrome

Complex Carbohydrate Choices	
GOOD CHOICES	AVOID
<b>Bread and grains</b>	
<ul style="list-style-type: none"> <li>➤ Sliced breads</li> <li>➤ Pita bread</li> <li>➤ Naan bread</li> <li>➤ Rolls</li> <li>➤ Bagels</li> <li>➤ English muffins</li> <li>➤ Plain waffles or pancakes</li> <li>➤ Corn bread, plain muffins</li> <li>➤ Banana, carrot or zucchini bread</li> <li>➤ Tortillas – whole wheat or white flour, corn - toasted</li> <li>➤ Pasta, macaroni, noodles</li> <li>➤ Rice, brown rice, wild rice</li> <li>➤ Biscuits</li> <li>➤ Bread sticks</li> <li>➤ Bread stuffing</li> </ul>	<p>Donuts, sweet rolls, Pop-Tarts<sup>®</sup>, or other pastries</p>

<p><b>Cereals</b></p> <ul style="list-style-type: none"> <li>➤ <u>Unsweetened</u> cereals (with milk or eaten dry as a snack) such as: Cheerios<sup>®</sup>, cornflakes, Rice Krispies<sup>®</sup>, Rice Chex<sup>®</sup>, Spoonfuls, Special K<sup>®</sup>, Kix<sup>®</sup>, puffed rice or wheat</li> <li>➤ Hot cereals: cream of rice or wheat, grits, oatmeal</li> </ul>	<p>Sugary cereals, high fiber cereals (&gt; 1-2 grams fiber/serving), bran cereals</p> <p>Flavored hot cereals</p>
<b>Starchy vegetables</b>	
<ul style="list-style-type: none"> <li>➤ Starchy vegetables: <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Sweet potatoes, Yams</li> <li>• Plantain</li> <li>• Baked french fries</li> </ul> </li> </ul>	<p>Creamed vegetables. Some people (particularly those without a colon) may do better limiting legumes (such as lima beans, kidney beans, black beans, pinto beans, refried beans, etc.).</p>
<b>Fruits</b>	
<ul style="list-style-type: none"> <li>➤ Bananas</li> <li>➤ <u>Unsweetened</u> canned fruits (applesauce, pears, peaches, mandarin oranges, apricots, cherries, plums, etc.)</li> </ul>	<p>Dried fruits, fruit canned in syrup</p> <p>Fruit juice, fruit drinks, watch out for high fructose corn syrup in drinks (Ex. Capri-Sun<sup>®</sup>, canned fruits in syrup, etc.)</p>
<b>Snacks</b>	
<ul style="list-style-type: none"> <li>➤ Crackers – saltines, club, soda, Matzoh, etc.</li> <li>➤ Pretzels, Rice cakes</li> <li>➤ Bagel snack crackers</li> <li>➤ Corn or potato chips, reduced fat potato chips</li> </ul>	<p>Granola bars, flavor-coated popcorns (Cracker Jacks<sup>®</sup>). Those without a colon may do better limiting high fiber snacks such as popcorn.</p>
<b>Desserts</b>	
<ul style="list-style-type: none"> <li>➤ Animal crackers (not iced), Graham crackers</li> <li>➤ Gingersnaps, Vanilla wafers</li> <li>➤ Angel food cake, shortbread, plain pound cake</li> <li>➤ Cake donuts – <u>no icing</u></li> <li>➤ Marshmallows</li> </ul>	<p>Iced cakes, cookies, snack cakes (Little Debbie's<sup>®</sup>), pie, ice cream, sherbet, popsicles, pudding, brownies, candies, frosted marshmallows, donuts, sweetened gelatin, fruit snacks, etc.</p>
<b>Veggie choices (non-starchy)</b>	
<b>GOOD CHOICES</b>	
<ul style="list-style-type: none"> <li>➤ Leafy greens (romaine, spinach, red lettuce, collard greens, kale, etc)</li> <li>➤ Cucumber, Radishes</li> <li>➤ Green, red or yellow pepper</li> <li>➤ Cooked carrots, squash, zucchini, eggplant, turnip or beets</li> <li>➤ Tomatoes</li> </ul>	<b>AVOID OR LIMIT (see below)</b>
<p>Creamed vegetables, broccoli, Brussels sprouts, onions, leeks</p>	

<b>Protein Choices</b>	
<b>GOOD CHOICES</b>	<b>AVOID</b>
<b>Meats/ fish/ poultry</b>	
<ul style="list-style-type: none"> <li>➤ Poultry (chicken or turkey), beef (flank steak, tenderloin, ground beef, meatloaf, etc), pork (ham, Canadian bacon, pork chop, etc)</li> <li>➤ Fish, fresh or canned</li> <li>➤ Shellfish (clams, crab, lobster, scallops, shrimp, etc)</li> <li>➤ Game (duck or pheasant, venison, buffalo/bison)</li> </ul>	Heavily fried meats, heavily fried fish, or heavily fried poultry
<b>Dairy / Soy</b>	
<ul style="list-style-type: none"> <li>➤ Regular cheeses (American, cheddar, Swiss, Monterey jack, mozzarella, feta, etc)</li> <li>➤ Cottage cheese or ricotta</li> <li>➤ Plain yogurt or yogurt sweetened with artificial sweeteners</li> <li>➤ Milk, plain soy milk, buttermilk</li> <li>➤ Tofu</li> </ul>	Highly sweetened yogurts or kefir, chocolate or other flavored milks, cream, half and half, flavored soy milks
<b>Eggs</b>	
<ul style="list-style-type: none"> <li>➤ Poached, hard or soft cooked, omelet, scrambled</li> </ul>	Eggs prepared with ingredients not allowed
<b>Nuts/ nut butters</b>	
<ul style="list-style-type: none"> <li>➤ Peanuts, almonds, cashews, pecans, walnuts</li> <li>➤ Edamame (soybeans)</li> <li>➤ Peanut, almond, cashew, sunflower seed, or soy butter</li> </ul>	Nutella <sup>®</sup> , flavored nut butters, nut butters with jam or jelly mixed in
<b>Fat Choices</b>	
<b>GOOD CHOICES</b>	<b>AVOID</b>
<ul style="list-style-type: none"> <li>➤ Oils, salad dressing (full fat), Miracle Whip<sup>®</sup></li> <li>➤ Butter or margarine</li> <li>➤ Nuts, Nut butters</li> <li>➤ Cheese, Cream cheese</li> <li>➤ Avocado, Olives</li> <li>➤ Sesame paste (tahini)</li> <li>➤ Bacon</li> <li>➤ Coconut (shredded)</li> </ul>	Sweetened cream cheeses (strawberry, honey nut, etc), honey butter, flavored nut butters.
<b>Miscellaneous / Seasonings</b>	
<b>GOOD CHOICES</b>	<b>AVOID</b>
<ul style="list-style-type: none"> <li>➤ Salt, pepper, herbs, spices, Garlic</li> <li>➤ Dill pickles</li> </ul>	More than ½ tsp sugar, maple or other syrups, jams, jellies, chocolate or other flavored syrups, honey, molasses, Nutella <sup>®</sup>

<ul style="list-style-type: none"> <li>➤ Soy sauce, worchestershire sauce, vinegar</li> <li>➤ Tabasco or hot pepper sauce</li> <li>➤ Splenda<sup>®</sup>, Equal<sup>®</sup>, Sweet 'N Low<sup>®</sup>, etc.</li> <li>➤ Unsweetened cocoa powder</li> </ul>	<p>Sugar alcohols (sorbitol, xylitol, mannitol) in "sugar-free" products such as gum and candy</p>
<p><b>FODMAP's: Limit yourself to only 2-3 small portions of these foods per week initially. If not well-tolerated, or if you have a stoma and these foods come out looking the same as when they went in, you may do better avoiding these foods.</b></p>	
<ul style="list-style-type: none"> <li>➤ Apples, pears, oranges, pineapples, melons</li> <li>➤ Onions, leeks, asparagus, artichokes, cabbage, Brussels sprouts</li> <li>➤ Broccoli, cauliflower</li> <li>➤ Corn, Beans</li> <li>➤ Nuts</li> </ul>	
<p><b>Fluids and hydration</b></p>	<p><b>Avoid</b></p>
<ul style="list-style-type: none"> <li>➤ Oral Rehydration solution</li> <li>➤ Soups, broth – 4 oz per day</li> <li>➤ If allowed: 6 oz Lactaid<sup>®</sup> milk</li> <li>➤ If allowed: less than 4 oz coffee, tea, ice tea</li> </ul>	<ul style="list-style-type: none"> <li>➤ Avoid greater than 4 oz coffee, tea, ice tea</li> <li>➤ Flavored coffees or teas, hot cocoa, Ovaltine<sup>®</sup>, Nesquick<sup>®</sup></li> <li>➤ fruit juices or fruit drinks (watch out for high fructose corn syrup in drinks), Kool-Aid<sup>®</sup>, Tang<sup>®</sup></li> <li>➤ Sodas (all kinds)</li> <li>➤ Alcohol</li> <li>➤ Water, sugar free beverages</li> <li>➤ Supplements such as Boost<sup>®</sup> or Ensure<sup>®</sup>.</li> </ul>

**This diet is from the new patient guidebook, "A Patients Guide to Managing A Short Bowel." To obtain a copy, go to: <http://shortbowelsupport.com/register.htm>.**

## SAMPLE 2000 Calorie Meal Plan

Patients WITHOUT colon	Patients WITH some colon
<p><b>Breakfast</b>            2 scrambled eggs            1 English muffin or 2 slices toast            6 oz lactose-free nonfat milk* (if allowed)            1 tablespoon margarine            1-2 teaspoons diet jelly            4 oz coffee* (if allowed)</p> <p><b>Morning Snack</b>            1 slice bread            2 tablespoons peanut butter            ½ banana</p> <p><b>Lunch</b>            4 oz turkey breast            1 hoagie roll            2 oz cheese            3 slices tomato</p> <p><b>Afternoon Snack</b>            6 crackers            2 oz cheddar cheese</p> <p><b>Dinner</b>            4 oz grilled salmon            1 large baked sweet potato            1/2 tablespoon butter</p> <p><b>Evening snack</b>            8 animal crackers</p>	<p><b>Breakfast</b>            1 cup oatmeal            2 scrambled eggs            1 English muffin or 2 slices toast            6 oz lactose-free nonfat milk* (if allowed)            1-2 teaspoons diet jelly            4 oz coffee* (if allowed)</p> <p><b>Morning Snack</b>            1 slice bread            2 tablespoon peanut butter            1 banana</p> <p><b>Lunch</b>            4 oz turkey breast            1 hoagie roll            1 oz cheese            3 slices tomato</p> <p><b>Afternoon Snack</b>            12 crackers            2 oz cheddar cheese            2 oz deli ham</p> <p><b>Dinner</b>            6 oz grilled salmon            1 large baked sweet potato            1 small dinner roll            1 tablespoon butter</p> <p><b>Evening snack</b>            16 animal crackers</p>
<p><b>*Beverage Choices and Volume Must be Individualized</b></p>	