

GASTROINTESTINAL SOFT DIET GUIDE

This diet consists of foods that are easily digested. Acceptable foods are soft in texture and low in fiber. The GI soft diet is a transitional diet used after some gastrointestinal surgeries and with gastrointestinal disorders such as Crohn's disease, ulcerative colitis, and diverticulitis. Symptoms can vary greatly so individual food tolerances should be considered. Highly fibrous foods, fried foods, legumes, spicy foods, and gas forming fruits and vegetables are likely to cause pain and discomfort and should be avoided after surgery or during flare up's. Adding new foods to the diet, one at a time, will make it easier to single out foods that cause discomfort. Contact your physician for diet advancement or concerns.

Cooking techniques, such as stewing or baking with liquid, can help to moisten and soften vegetables, fruits, and meats. Foods should be tender but not ground or pureed. Prevent creating a tough outer crust by carefully reheating foods at a lower temperature.

Fiber:

Consuming a low fiber diet helps decrease abdominal distress. A low fiber diet avoids whole grains, seeds, skins, whole nuts, legumes, and raw vegetables. A low fiber diet decreases the volume and bulk of stools and slows the movement of food through the intestines. Low fiber decreases diarrhea, abdominal pain, gas, and bloating for some patients.

Gas Formers:

Limiting the amount of gas forming foods can decrease discomfort and pain. Foods that often cause gas include: beans; Brussel sprouts, broccoli, cabbage; peaches, pears and apples as well as whole grains such as bran. Dairy products may produce excessive gas for people who are lactose intolerant or sensitive to dairy products. The gas forming effect of foods vary for each individual.

Spices and Caffeine:

Spices, caffeine, and carbonated beverages can upset to the digestive tract and should be avoided. Limit spices such as pepper, cayenne, chili powder, and curry. Fresh herbs such as basil, oregano, and parsley can be used as substitutions. Caffeinated beverages including coffee, tea, and soda should be replaced with non-caffeinated versions.

FOOD GROUP	FOOD ALLOWED	FOODS EXCLUDED
Beverages and Milk	Milk and milk drinks (unless lactose intolerant), decaf coffee, tea, lactose free milk	Alcohol, caffeinated beverages, regular milk, carbonated beverages
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 cereals (unless listed as excluded), plain spaghetti, macaroni, noodles, rice	Bran cereals, steel cut/regular oatmeal, cereals with raisins, brown or wild rice, popcorn
Desserts	Plain cake, cookies, pudding, custard, ice cream, sherbet, gelatin, fruit whips	Pastries, pies, desserts containing nuts, dried fruits, fruit with seeds
Fats	Butter, cream; cream sauce, margarine, mayonnaise; mild salad dressing, smooth peanut butter	Nuts, chunky peanut butter, spicy salad dressings, fried foods, high fat gravy, olives
Fruits and Juices	All fruit juices without pulp (except prune juice), avocado, banana, grapefruit and orange (sections without membrane), baked peeled apple, applesauce. Canned: apricots, cherries, peaches, pears, peeled ripe peaches or pears	Prune juice, raw fruit not listed as allowed, dried fruits, fruits with edible seeds or tough skins, coconut, frozen berries, jam or jelly with seeds
Meat, Fish, Poultry, Cheese, Eggs, Legumes	Meat, fish, or poultry (not fried), plain cheese, eggs (not fried)	Fried meat fish or poultry, highly seasoned cold cuts, spicy sausage, all tough meats, dried beans and peas
Soup	Cream soups made from foods allowed; meat, rice, noodle soups	Vegetable soups unless made from foods allowed
Sugar and Sweets	Sugar, syrup, honey, clear jelly; plain, sugar candy in moderation	Jam, and candies that contain tough skins, seeds or nuts
Vegetables and Potatoes	Tomato juice, cooked asparagus, beets, carrots, green or wax beans, potatoes, spinach, summer squash, sweet potatoes, tomatoes, winter squash	Raw vegetables except shredded lettuce, tough or stringy cooked vegetables, sauerkraut, peas, corn, broccoli, brussels sprouts, cabbage, mushrooms, onions, peppers, deep-fried vegetables
Miscellaneous	Salt, allspice, cinnamon, paprika, herbs, flavoring extracts, ketchup	Red, black, white pepper; horseradish, mustard, pickles, popcorn

All information is for educational purposes only.

If you have any questions, please contact your primary care provider or registered dietitian.