

UNC REX Digestive Healthcare

DIET FOR THE SENSITIVE STOMACH

This is meant to be a general guideline and will vary with each patient.
If you have CELIAC DISEASE or SPRUE; avoid wheat, barley, rye and their derivatives.

USUALLY TOLERATED

In Moderation

Soluble fiber: oatmeal, berries,
Cooked lentils, legumes, split
Pea soup, chick peas, peas,
Carrots, yams, peaches,
Blueberries, strawberries,
Kashi/Good Friends cereals,
Papaya, mango, kiwi
Organic low fat yogurt
Fish, Shrimp
Rice, Pasta, couscous, noodles
Egg whites
Lentil soup
Homemade chicken soup
Cornflakes, Rice Krispies
Chamomile and herbal teas
Nectarines, apricots
Watermelon, honey dew, cantaloupe
Avocado, angel food cake
Olive Oil
Graham crackers
Broccoli and cauliflower are tolerated best in a puree soup
Tender, cooked baby spinach
Homemade vegetable soup
Waffles, pancakes, mashed potatoes
Crackers: low salt wheat thins, rice crackers, unsalted saltines
Baby leaf/red leaf lettuce in small amounts
Stewed, tender meat
Small pieces of cooked carrots, celery, zucchini with rice, pasta, and couscous

USE CAUTION

Citrus
“Diet” sugar-free products
Alcohol
Grapes
Chocolate
Raw Broccoli
Raw Cauliflower
Cabbage
Cole Slaw
Cold Cuts
Iceberg Lettuce
Popcorn
Dairy
Caffeine
Tomatoes
Lactose

AVOID

Crude fiber (residue):

Eggplant skin
Bell Peppers
Cucumber skin
MSG
Large Seeds
Nuts
Potato skins
Fats
Fried Foods
Carbonated beverages
High fructose corn syrup
Garlic
Onions
Sorbitol

Recommended daily calcium intake:

- Menstruating women – 1200 mg
- Post-menopausal women (no estrogen) – 1500 mg
- Post-menopausal women (on hormone replacement) – 1000 mg
- Also recommended: Vitamin D – 400 IU
- Normal healthy males: 1000 mg – 1200 mg