



**SUGGESTED DIET FOR “BLOAT” AND SENSITIVE GI TRACT  
What Can I eat Doctor?**

**This is meant to be a general guideline and will vary with each patient.**

Usually Tolerated (in moderation)	Use Caution	Avoid
<p><b>Soluble Fiber</b> Oatmeal, berries, blueberries, strawberries, grits, cream of wheat, beets, cooked lentils, chick peas, peas, carrots, yams, peaches, mango, kiwi, acorn squash pureed, butternut squash, mashed rutabaga, turnip, parsnip, cooked green beans, yellow beans, cooked snap peas, snow peas, green peas</p> <p>Smooth natural nut butter (cashew or almond) Organic yogurt Fish, shrimp Rice, pasta, couscous, noodles, pastina, egg whites Lentil soup with tiny pieces of chopped vegetables Homemade chicken soup, dumplings Banana, plantain, polenta Cornflakes, Rice Krispies, Special K, Chamomile &amp; herbal teas Nectarines, apricots, watermelon, honeydew, cantaloupe, avocado, olive oil, Udon noodle soup Tender cooked pureed spinach, Organic graham crackers, ginger snaps, Oatmeal cookies Cooked, mashed cauliflower Homemade vegetable soup Mashed potatoes Natural or organic crackers, baby leaf/red leaf lettuce in small amounts Stewed tender meat, beef, bourguignon, small pieces cooked carrots, celery, zucchini with rice, pasta and couscous</p>	<p>Citrus &amp; tomato “diet” sugar-free products Alcohol Grapes Chocolate(constipating) Raw broccoli Raw cauliflower Cabbage Cole slaw Cold cuts Iceberg lettuce Popcorn Dairy Caffeine Cheese (bloat) Lactose Kidney beans Legumes Dried fruit (gas)</p>	<p>Crude fiber(residue): Eggplant skin, bell peppers, cucumber skin, raisin bran, fiber one, grape nuts MSG (pain &amp; diarrhea) Large seeds, husks Nuts Potato skins Spicy food Curry fried foods, fats Carbonated beverages High-fructose corn syrup Snapple, Gatorade, garlic, onions</p> <p><b>All artificial sweeteners:</b> Splenda, equal, sweet n’ low Diet soda Sugar-free gum Sugar-free candy Zone &amp; power bars Green tea (nausea)</p> <p><b>Hints:</b> <b>Chew well</b> <b>Eat 6 meals daily</b> <b>Eat slowly</b> <b>Drink liquids between meals</b></p>

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