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DIET FOR THE SENSITIVE STOMACH

“What can I Eat, Doctor?”

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

If you have CELLIAC DISEASE or SPRUE, avoid wheat, barley, rye and their derivatives

Usually Tolerated (in moderation)

Soluble Fiber:

Oatmeal, berries, beets, cooked lentils, legumes, split pea soup, chickpeas, peas, carrots, yams, peaches, strawberries, blueberries, grits, Cream of Wheat, papaya, mango, kiwi
 Organic yogurt (Greek, Total, Stonyfield)
 Fish, shrimp
 Rice, pasta, couscous, noodles, pastina
 Egg whites
 Lentil soup, homemade chicken soup, vegetable soup, dumplings
 Banana, plantain, polenta
 Cornflakes, Rice Krispies, Special K
 Chamomile & herbal teas
 Nectarines, apricots
 Watermelon, honeydew, cantaloupe
 Avocado, olive oil
 Cooked baby spinach
 Crackers: Graham, Low-salt Wheat Thins, rice crackers, unsalted Saltines
 Broccoli & cauliflower (tolerated best in puree soup)
 Cooked mashed rutabaga, parsnip, turnip
 Waffles, pancakes, mashed potatoes
 Baby leaf/red leaf lettuce in small amounts
 Stewed, tender meat, Beef Bourguignonne

Use Caution

Citrus & tomato
 “Diet” sugar-free products
 Alcohol
 Grapes
 Chocolate (constipating)
 Raw broccoli
 Cabbage
 Raw cauliflower
 Cole slaw
 Cold cuts
 Iceberg lettuce
 Popcorn
 Dairy
 Caffeine
 Cheese (bloat)
 Lactose

Avoid

Crude Fiber (residue):

eggplant skin, bell peppers
 cucumber skin
 MSG (pain & diarrhea)
 Large seeds, husks
 Nuts
 Spicy food, curry
 Potato skins
 Fried foods, fats
 Carbonated beverages
 High-fructose corn syrup
 Snapple, Gatorade
 Garlic, Onions
 All artificial sweeteners:
 Splenda, Equal, Sweet’N Low
 Diet soda
 Suga-free gum and candy
 Zone bars, Power bars
 Green tea

HINTS: **Chew well, eat slowly**
 Eat 6 small meals a day
 Use chewable vitamins
 Drink liquids between meals