

Diet for the Sensitive Stomach

Distributed by permission of Christine Frissora, MD	
Usually Well Tolerated: <small>(though some people tolerate wheat poorly)</small>	Eat Cautiously:
<p>Soluble fibre: oatmeal, berries, Cooked lentils, legumes, carrots, yams, peaches, blueberries, strawberries, papaya, mango, kiwi, Nonfat Yogurt, Fish, shrimp, Rice, pasta, couscous, noodles, Egg whites, mashed potatoes, Chicken soup, Banana, plantain, Cornflakes, Rice Crispies, Chamomile and herbal teas, Nectarines, apricots, Watermelon, Honeydew, cantaloupe, Avocado, olive oil, Graham crackers, Broccoli and cauliflower pureed in soup, Waffles, pancakes, Crackers, rice crackers, unsalted saltines, Stewed, tender meat, Small pieces of well cooked carrots, celery with rice, pasta, or couscous</p>	<p>Lactose (milk, ice cream) Citrus "Diet" sugar free products Alcohol Grapes Chocolate Raw broccoli Raw cauliflower Cabbage Cole slaw Cold cuts Iceberg lettuce Popcorn Dairy Caffeine Tomatoes</p>
	Avoid:
	<p>Crude fibre (eggplant skin, bell peppers, Cucumber) MSG, fats, fried foods Large seeds Nuts, carbonated beverages Potato skins, garlic, onions High fructose corn syrup Sorbitol, artificial sugar Snapple, Gatorade</p>
<p>Chew well and eat slowly. Eat frequent, small meals. Do not eat for four hours before lying down. Drink 4-6 glasses of fluids per day.</p>	