

# 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 CELIAC 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, blueberries,  
strawberries, 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, dumplings

Banana, plantain, polenta

Cornflakes, Rice Krispies, Special K

Chamomile & herbal teas

Nectarines, apricots

Watermelon, honeydew, cantaloupe

Avocado, olive oil

Udon noodle soup,  
tender, cooked baby spinach

Graham crackers

Broccoli and cauliflower  
(tolerated best in a puree soup)

Cooked mashed rutabaga, turnip, parsnip

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, Beef Bourguignonne

Small pieces of cooked carrots, celery,  
zucchini with rice, pasta and couscous

## Use Caution

Citrus & 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

## Avoid

Crude fiber (residue):  
Eggplant skin, bell peppers,  
cucumber skin

MSG (pain & diarrhea)

Large seeds, husks

Nuts

Potato skins

Spicy food, curry

Fried foods, fats

Carbonated beverages

High-fructose corn syrup

Snapple, Gatorade

Garlic, onions

All artificial sweeteners:  
Splenda, Equal,  
Sweet’N Low

Diet soda

Sugar-free gum & candy

Zone bars, Power bars

Green tea

### Hints:

- Chew well
- Eat 6 small meals a day
- Use chewable vitamins
- Drink liquids between meals
- Eat slowly

# Plan for Bloat & the “Sensitive Stomach”

## Tips you can use in addition to medications

### VITAMINS

- You must consult with your clinician before taking any supplement or vitamin
- Bring the bottle or label with you to your office visit
- Many patients take supplements that they don't need, are expensive, and literally make them sick
  - Probiotics contain billions of bacteria and can cause bloat and gas
  - Vitamin C can cause esophagitis
  - Senna causes cramping and abdominal pain
  - Fiber supplements cause gas
- Beware of “natural remedies.” Some of the advertising is false, and some products are contaminated with substances that can be harmful
- Beware of “colon cleansers;” they contain addictive medicines like “natural” senna and your colon will never empty on its own
- Do not take vitamins first thing in the morning; they can upset your stomach
- If you are constipated, Vitamin C 500 mg – 1000 mg with dinner may help. Beware: Vitamin C can cause reflux and esophagitis so take only as directed
- Olive oil and mineral oil both loosen the stool. Olive oil is fattening and mineral oil is not. You can put either oil in your salad dressing and shake it well. 1 to 4 tablespoons with dinner will lead to a softer BM in the AM

### CALCIUM

Recommended daily calcium intake:

- Menstruating women: 1200 mg
- Post-menopausal women, no estrogen: 1500 mg
- Post-menopausal women on hormone replacement therapy: 1000 mg
- Also recommended: Vitamin D 400 mg daily
- Normal, healthy males: 1000 mg – 1200 mg
- Calcium seems to be important in regulating body fat and possibly preventing colon cancer. If you have kidney stones or parathyroid disease, calcium can be dangerous – always ask your doctor before taking calcium or any other supplement
- All calcium can cause bloat – but the chewable goes down better than tablets
- If you are constipated and need calcium, use CaMgZn by CVSnatural or PostureD
- If you have diarrhea and need calcium, use Oscal
- If you have reflux and need calcium, suck TUMS 3–4 times a day

### PRENATAL VITAMINS AND IRON

If you are a healthy man or post-menopausal woman, you probably don't need iron. If you do, this is my advice:

- I recommend prenatal multivitamins for patients who need iron [menstruating or pregnant women] because they are rich in other nutrients like B vitamins (for stress!) and others that help the hair, skin, and nails
- Stuart prenatal vitamins with DHA or Citracal Prenatal DHA help constipation – 1 after dinner or before bed
- Prenate Elite is the most constipating prenatal vitamin – take 1 after dinner
- SloFe is a well-tolerated iron supplement
- Chewable Flintstones vitamins with iron are also well tolerated after dinner

### FOODS THAT ARE GOOD FOR DIARRHEA

- Banana, white rice, rice crackers, rice milk, white meat chicken
- Pedialyte for rehydration [NOT Gatorade! High in fructose]
- Isomil DF [binding infant formula with calories]
- Saccharomyces boulardii [Florastor] most effective “probiotic” for diarrhea, 1 a day

### FOODS THAT ARE GOOD FOR CONSTIPATION

- 5 servings a day of foods such as: oatmeal, berries, pears, peaches, plums, papayas, mangoes, kiwis, raisins, prunes, or prune juice, chickpeas, carrots, celery, snap peas, snow peas, peas
- 5 glasses of water or herbal decaffeinated tea each day – more if you can
- Avoid foods and supplements that improve diarrhea [above]

### THINGS THAT CAUSE BLOAT or GI DISTRESS

- Most probiotics cause bloat [Saccharomyces boulardii does not]
- Cheese
- All carbonated beverages, beer, soda, and seltzer included
- All artificial sweeteners [Splenda, Equal, Sweet'N Low, aspartame, sorbitol, etc]
- Zone bars, power bars
- Green tea can cause nausea
- Fructose corn syrup
- Onions, garlic
- MSG

### FOODS IN GENERAL

Cooked foods always go down easier – so if you want to eat a lot of vegetables, homemade soup is best; chew all food as well as you can; if you don't have a Crockpot – get one – stewed vegetables and meats go down easier than BBQ, broiled, or fried