

DIET FOR THE SENSITIVE STOMACH

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 cereal, papaya, mango, kiwi

Organic low fat yogurt, Fish, shrimp, Rice, pasta, couscous, noodles, pastina, Egg whites
Lentil soup, Homemade chicken soup, Cornflakes, rice crispies, Chamomile & herbal teas, Nectarines, apricots, Watermelon, honey dew, cantaloupe, Avocado, angle food, cake, Olive oil, Graham crackers, Broccoli & cauliflower (best in puree soup), Tender cooked baby spinach, Homemade vegetable soup, Waffles, pancakes, mashed potatoes
Crackers: low salt wheat thins, rice crackers, unsalted top 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	AVOID
Citrus	Crude fiber (residue):
“Diet” sugar free products	Eggplant skin
Alcohol	Bell peppers
Grapes	Cucumber skin
Chocolate	
Raw broccoli	MSG
Raw cauliflower	Large seeds
Cabbage	Nuts
Cole slaw	Potato skins
Cold cuts	Fats
Iceberg lettuce	Fried foods
Popcorn	Carbonated Beverages
Dairy	High fructose corn syrup
Caffeine	Snapple
Tomatoes	Gatorade
Lactose	Garlic
	Onions
	Sorbitol

Recommended daily calcium intake:

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

Hints: Chew well and eat slowly 6 small meals a day

Use chewable vitamins and calcium

Drink liquids in between meals