

# Gastrointestinal Soft Diet Food List

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| <b>Patient information</b>                            |
| <b>Name:</b>  |
| <b>Date of birth:</b>                                 |
| <b>Patient ID:</b>                                    |
| <b>Dietitian/Nutritionist:</b>                        |
| <b>Date:</b>  |
| <b>Health and dietary information</b>                 |
| <b>Current health status:</b>                         |
| <b>Specific dietary needs/restrictions:</b>           |
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| <b>Nutritional goals:</b>                             |
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| <b>Physical activity level:</b>                       |
|   |
| <b>Lab results (if applicable):</b>                   |
|   |
| <b>Previous dietary plans and outcomes:</b>           |
|   |
| <b>Psychological factors affecting eating habits:</b> |
|   |
| <b>Known allergies:</b>                               |
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## Dietary guidelines

This gastrointestinal soft diet aims to promote digestive health and minimize discomfort by emphasizing easily digestible, low-fiber foods. Adjustments may be made based on individual tolerances. Always consult with your healthcare provider.

## Allowed and restricted foods

| Food group             | Foods allowed  | Foods to avoid  |
|------------------------|--|---|
| <b>Grains</b>          | White bread, plain bagels, low-fiber cereals (e.g., puffed rice), white rice, pasta, oatmeal, cream of wheat             | Whole grain bread, cereals with added fiber, brown rice, whole grain pasta, bran cereals                |
| <b>Proteins</b>        | Tender chicken, turkey, lean beef, eggs, tofu, baked/poached fish, smooth peanut butter                                  | Fatty cuts of meat, fried or spicy meats, processed meats (e.g., sausages), nuts, seeds                 |
| <b>Dairy</b>           | Low-fat milk, yogurt (plain, without fruit or seeds), soft cheeses (cream cheese, cottage cheese), lactose-free products | Whole milk, yogurt with fruit chunks or seeds, hard cheeses, full-fat dairy products (if not tolerated) |
| <b>Fruits</b>          | Applesauce, canned fruits (without syrup or skin), bananas, melon (seedless), fruit juice (without pulp)                 | Raw fruits with skins (apples, pears), citrus fruits, dried fruits, berries (strawberries, raspberries) |
| <b>Vegetables</b>      | Cooked vegetables (carrots, zucchini, green beans), mashed potatoes (without skin), pureed vegetables                    | Raw vegetables, legumes (beans, lentils), cruciferous vegetables (broccoli, cauliflower), corn          |
| <b>Fats &amp; Oils</b> | Olive oil, butter or margarine (in moderation), cooking spray  | Fried foods, heavy cream, lard  |
| <b>Beverages</b>       | Water, weak tea, clear broth, decaffeinated coffee, clear juices (apple, white grape)                                    | Carbonated beverages, caffeinated drinks, citrus juices (orange, grapefruit), alcohol                   |
| <b>Others</b>          | Gelatin, plain cookies, pudding, plain crackers  | Pastries with chocolate, candies, chips, processed snacks, spicy sauces                                 |
| <b>Soups</b>           | Broth-based soups with well-cooked vegetables, clear soups   | Cream-based soups, soups with chunks of meat or high-fiber vegetables                                   |
| <b>Sweets</b>          | Gelatin, sherbet, ice cream (without chunks)   | Chocolate, candies with nuts, dried fruits, caramel   |
| <b>Snacks</b>          | Plain crackers, rice cakes, mashed fruits (bananas)  | Popcorn, nuts, seeds, raw fruit, chips  |

## Sample meal plan using the food list

This sample meal plan provides balanced nutrition while ensuring that the food is easy to digest and gentle on the gastrointestinal tract.

- **Breakfast:** Scrambled eggs with white toast, applesauce, and a cup of weak tea.
- **Lunch:** Chicken broth with soft noodles, poached chicken breast, mashed potatoes, and a cup of water.
- **Dinner:** Baked fish with well-cooked carrots and white rice. Soft melon for dessert and a small glass of apple juice (no pulp).
- **Snacks:** Plain yogurt, banana, or gelatin.

## Portion size and nutritional recommendations

- **Portion control:** Ensure meals are small and frequent rather than large, to ease digestion.
- **Fluid Intake:** Drink plenty of water throughout the day to stay hydrated. Avoid caffeinated or carbonated beverages.
- **Protein Intake:** Opt for easily digestible proteins like lean poultry, tofu, or eggs. Avoid heavy, fatty meats.

## Additional notes

## Disclaimer

This dietary food list is for informational purposes only and should be followed under the supervision of a healthcare provider. Each patient's condition and tolerance vary, so adjustments are necessary.

## Healthcare provider information

**Dietitian/Nutritionist:**

**Contact Information:**