

Gastrointestinal Soft Diet Food List

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

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
Grains	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
Proteins	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
Dairy	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)
Fruits	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)
Vegetables	Cooked vegetables (carrots, zucchini, green beans), mashed potatoes (without skin), pureed vegetables	Raw vegetables, legumes (beans, lentils), cruciferous vegetables (broccoli, cauliflower), corn
Fats & Oils	Olive oil, butter or margarine (in moderation), cooking spray	Fried foods, heavy cream, lard
Beverages	Water, weak tea, clear broth, decaffeinated coffee, clear juices (apple, white grape)	Carbonated beverages, caffeinated drinks, citrus juices (orange, grapefruit), alcohol
Others	Gelatin, plain cookies, pudding, plain crackers	Pastries with chocolate, candies, chips, processed snacks, spicy sauces
Soups	Broth-based soups with well-cooked vegetables, clear soups	Cream-based soups, soups with chunks of meat or high-fiber vegetables
Sweets	Gelatin, sherbet, ice cream (without chunks)	Chocolate, candies with nuts, dried fruits, caramel
Snacks	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: