

Food Choices for Short Bowel Syndrome

You may also need to follow a low-lactose diet if you are lactose intolerant or the length of your bowel is very short.

	Good Choices	Avoid
Complex Carbohydrates		
Bread and Grains	<ul style="list-style-type: none"> ➤ Bagels, english muffins ➤ Bread sticks ➤ Bread, pita, naan ➤ Bread stuffing ➤ Corn bread ➤ Muffins, plain, such as banana, zucchini, carrot ➤ Pasta ➤ Rice, white, brown, wild ➤ Rolls ➤ Tortillas, corn, flour (whole wheat or white) ➤ Waffles, pancakes, plain 	<ul style="list-style-type: none"> ➤ Cupcakes ➤ Danishes ➤ Donuts ➤ Pop-Tarts® ➤ Pastries (see also dessert section)
Cereals	<ul style="list-style-type: none"> ➤ Cereals, hot, such as cream of rice or wheat, oatmeal ➤ Cereals, unsweetened, with milk or eaten dry as a snack, such as Cheerios®, Corn Flakes®, Rice Krispies®, Special K®, Rice or Corn Chex, puffed cereal 	<ul style="list-style-type: none"> ➤ Cereals, sugary, such as Honey Nut Cheerios®, Frosted Flakes®, Fruit Loops® ➤ Cereals, hot flavoured, such as maple or apple cinnamon oatmeal ➤ Cereals, high fiber, with more than 5 grams a serving
Cracker/Chips	<ul style="list-style-type: none"> ➤ Bagel snack crackers or chips ➤ Corn chips, potato chips (regular or baked) ➤ Crackers such as saltines/ soda crackers, Goldfish ➤ Pretzels ➤ Rice crackers and cakes 	<ul style="list-style-type: none"> ➤ Granola bars ➤ Popcorns, sugar/caramel coated <p>If you do not have a colon, limit high fiber snacks such as popcorn.</p>

	Good Choices	Avoid
Starchy Vegetables	<ul style="list-style-type: none"> ➤ French fries, baked ➤ Potatoes ➤ Sweet potatoes, yams 	<ul style="list-style-type: none"> ➤ Creamed vegetables ➤ If you do not have a colon, limit or avoid legumes (such as kidney beans, chick peas or lentils)
Fruits		
	<ul style="list-style-type: none"> ➤ Bananas, kiwi, melons (cantaloupe, honey dew) ➤ Canned fruits, unsweetened, such as applesauce, pears, peaches, mandarin oranges, apricots ➤ Limit to 1 cup per day 	<ul style="list-style-type: none"> ➤ Fruit, canned in syrup ➤ Fruit, dried ➤ Fruit juice, fruit drinks
Non-Starchy Vegetables		
	<ul style="list-style-type: none"> ➤ Beets, carrots, eggplant, kolorabi, rhutabaga, squash, turnip or zucchini (well cooked) ➤ Cucumber, radishes, red peppers (bottled) ➤ Tomatoes, tomato sauce <p>In small amounts:</p> <ul style="list-style-type: none"> ➤ Greens, leafy such as romaine, spinach, red lettuce, collard greens, kale ➤ Peppers, green, red or yellow 	<ul style="list-style-type: none"> ➤ Broccoli ➤ Brussels sprouts ➤ Creamed vegetables ➤ Leeks ➤ Onions
Protein Choices		
Meat, Fish, and Poultry Eggs	<ul style="list-style-type: none"> ➤ Beef, flank steak, tenderloin, ground beef, meatloaf ➤ Eggs ➤ Fish, fresh, canned ➤ Game, such as duck, pheasant, venison, buffalo/ bison) ➤ Pork, ham, Canadian bacon, pork chop ➤ Poultry, chicken or turkey ➤ Shellfish such as clams, crab, lobster, scallops, shrimp 	<ul style="list-style-type: none"> ➤ Fish, meat, poultry (fried) ➤ Fish, meats, poultry (raw)

	Good Choices	Avoid
Dairy and Soy	<ul style="list-style-type: none"> ➤ Buttermilk ➤ Cheese such as american, cheddar, swiss, monterey jack, mozzarella, feta, parmesan ➤ Cottage cheese or ricotta ➤ Milk, cow, soy, rice (plain) ➤ Tofu ➤ Yogurt, plain, sweetened with artificial sweeteners 	<ul style="list-style-type: none"> ➤ Cream, Half & Half ➤ Milk, chocolate or other flavoured ➤ Milk, soy or rice flavoured (including vanilla) ➤ Yogurt, kefir (highly sweetened)
Fat Choice		
Nuts and Nut Butters	<ul style="list-style-type: none"> ➤ Almonds, cashews, peanuts, pecans, walnuts (chew well) ➤ Almonds, cashews, sunflower seeds or soy butters ➤ Edamame ➤ Sesame paste (tahini) 	<ul style="list-style-type: none"> ➤ Nutella®, flavored nut butters, nut butters with jam or jelly mixed in
Other	<ul style="list-style-type: none"> ➤ Avocado, olives ➤ Bacon ➤ Butter or margarine ➤ Coconut, finely shredded ➤ Oils, salad dressing (full fat), such as Miracle Whip® ➤ Cheese, cream cheese 	<ul style="list-style-type: none"> ➤ Cream cheese, sweetened, such as strawberry, honey nut ➤ Butter, honey, flavored nut butters
Miscellaneous / Seasonings		
	<ul style="list-style-type: none"> ➤ Cocoa powder, unsweetened ➤ Herbs, pepper, salt, spices ➤ Pickles, dill ➤ Splenda®, Equal®, Sweet 'N Low® ➤ Soy sauce, Worcestershire sauce, vinegar ➤ Tabasco or hot pepper sauce 	<ul style="list-style-type: none"> ➤ Corn syrup, high fructose, corn or agave ➤ Jams, jellies ➤ Maple or other syrups, honey, molasses ➤ Sugar alcohols (sorbitol, xylitol, mannitol) in "sugar-free" products such as jam, jellies, Jell-O®, candy and gum ➤ Sugar, white or brown ➤ Syrups, chocolate or other flavoured such as Nutella®

	Good Choices	Avoid
Desserts		
	<ul style="list-style-type: none"> ➤ Angel food cake ➤ Arrowroot, social tea, digestive cookies ➤ Crackers, animal (not iced) ➤ Crackers, graham ➤ Gingersnaps ➤ Plain pound cake ➤ Plain cake donuts – no icing/ sugar sprinkles ➤ Shortbread ➤ Vanilla wafers 	<ul style="list-style-type: none"> ➤ Candies, fruit snacks ➤ Danish, PopTarts®, donuts ➤ Iced cakes, cookies, pie, brownies, snack cakes (Wagon wheels, Half moon), cupcakes ➤ Ice cream, sherbet, popsicles ➤ Pudding, sweetened gelatin such as Jell-O®
Liquids		
	<ul style="list-style-type: none"> ➤ Oral Rehydration Solutions (ORS): <ul style="list-style-type: none"> • Gastrolyte®, ‘Electrolyte® Pedialyte® or store brand equivalents • See handout for homemade ORS recipes ➤ Soups, broth ➤ If allowed: 6 oz Lactaid® milk ➤ If allowed: less than 4 oz coffee, tea ➤ Water, limit 	<ul style="list-style-type: none"> ➤ Alcohol ➤ Coffee, tea, ice tea, greater than 4 oz a day ➤ Coffee, tea, hot cocoa, flavored or sweetened ➤ Fruit juices or fruit drinks (watch out for high fructose corn syrup in drinks), Kool-Aid® ➤ Regular pop (all kinds), iced tea, sugar free beverages ➤ Supplements such as Boost®, Ensure®
<p>Fermentable Oligo- Di- and Monosaccharides and Polyols (FODMAPs) –</p> <p>Only have 2 to 3 small portions (1/4 cup) of these foods each week at first. If not well-tolerated, or if you have a stoma and these foods come out looking the same way they went in, then avoid these foods.</p>		
	<ul style="list-style-type: none"> ➤ Apples, pears ➤ Onions, leeks, asparagus, artichokes, cabbage, Brussels sprouts ➤ Broccoli, cauliflower ➤ Corn, peas ➤ Beans (lima, pinto, black-eyed peas, edamame, kidney) 	