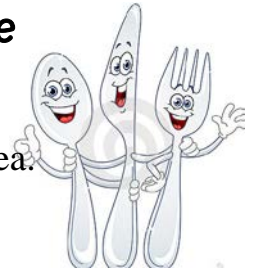



Nutrition Guidelines for Children with Short Bowel Syndrome



The type of food eaten and the way these foods are eaten is important because it will affect nutrient absorption and help prevent excessive diarrhea.



Eat 6-8 small meals each day. This will result in better digestion and absorption and help decrease symptoms of gas, cramps, diarrhea, fluid loss and weight loss.

Limit fluids to about 4 ounces during each meal. Drinking large amounts of fluids with meals pushes food through the bowel faster, which means nutrients may not be absorbed. Make sure to drink most fluids in between meals.

Foods to Focus on	Foods to Limit
<ul style="list-style-type: none"> • Baked, grilled or broiled meats such as fish, chicken, turkey, beef, pork • Eggs, tofu, peanut butter, almond butter, cashew butter • Start with small portions of dairy products, as dairy can sometimes cause bloating and gas 	<ul style="list-style-type: none"> • Fried meats • High fat meats such as hot dogs, bologna, sausage and bacon
<p>Complex carbohydrates such as:</p> <ul style="list-style-type: none"> • Pasta, potatoes, whole wheat breads, unsweetened cereals, whole grains 	<p>Simple Carbohydrates such as:</p> <ul style="list-style-type: none"> • Candy, cookies, cakes, ice cream, sugary breakfast cereals, donuts, jelly, syrup
<p>Soluble Fiber such as:</p> <ul style="list-style-type: none"> • Oatmeal, barley, nut butters (for example: peanut butter, almond butter etc), fruit • The following may cause gas. Start with small portions to test tolerance: chickpeas, lima beans, kidney beans, lentils 	<p>Low carbohydrate foods that contain sugar alcohols such as sorbitol and manitol instead of sugar (for example, sugar free candy, gum and desserts)</p>
<p>Beverages such as:</p> <ul style="list-style-type: none"> • Water, low fat milk, Pedialyte, Gatorade G2/Powerade Zero, flavored water, diet sodas, unsweetened tea 	<p>Sugary Beverages such as:</p> <ul style="list-style-type: none"> • Regular soda, Koolaid, juices, sweet tea

Foods to Focus on	Foods to Limit
<p>Well-cooked vegetables such as:</p>  <ul style="list-style-type: none"> • Carrots, green beans, spinach, beets, potatoes (without skin), asparagus tips, lettuce, cucumbers (without skin or seeds), tomato sauce and tomatoes (without skin or seeds), squash (without skin or seeds) 	<ul style="list-style-type: none"> • Raw vegetables • Onions, cauliflower, broccoli, cabbage, brussel sprouts, corn, kale, peas
<p>Fruits</p> <ul style="list-style-type: none"> • Bananas, oranges, • The following fruits may cause diarrhea. Start with small portions to test tolerance: prunes, pears, nectarines, peaches, plums, apples 	<ul style="list-style-type: none"> • Dried fruits, fruit skins, peels and seeds
<p>Healthy Fats</p> <ul style="list-style-type: none"> • olive oil, canola oil, nuts, avocado 	<ul style="list-style-type: none"> • Limit fried foods, limit added butter, mayonnaise, salad dressings, chips • If you have a colon and you do not have an ostomy, limit your total fat intake