

Diet & Beverage Suggestions for Short Bowel Syndrome (SBS)

This diet is from the patient guidebook, *A Patient's Guide to Managing a Short Bowel*. To order a free copy, go to: <https://www.shortbowelsyndrome.com/sign-up>.

The “good choices” in this handout are more easily absorbed and tend not to increase diarrhea as much as those in the “avoid” column.

Some general tips:

- If you have some colon remaining, a high complex carbohydrate diet is recommended.
- If you have a jejunostomy or high output ileostomy, a higher fat diet is recommended.
 - See sections on carbohydrate and fat below so you know what we mean by this.
- **Chew ALL food well** to help break it down for digestion.
- Avoid concentrated sweets and beverages such as desserts, sodas, sweet drinks/tea, fruit juices, sweet coffee drinks, etc.
- Eat up to 6-8 smaller meals per day.
- Limit beverages with meals. Instead, sip allowed beverages between meals (see list below).

If you are struggling to maintain a healthy weight, consider meeting with a Registered Dietitian to develop an individualized meal plan.

More information on Nutrition on short bowel syndrome is available at www.GInutrition.virginia.edu.

- Look for Patient Education and scroll down to Short Bowel Syndrome.
- Look under “Nutrition Articles” from the journal *Practical Gastroenterology*, which you can read or share with your physician.

Diet & Beverage Suggestions for Short Bowel Syndrome

GOOD CHOICES	AVOID
COMPLEX CARBOHYDRATES	
Breads and Grains	
<ul style="list-style-type: none"> • Sliced breads • Bread stuffing • Pita bread, Naan bread • Tortillas (flour [any kind] or corn) • <u>Plain</u> banana, carrot, or zucchini bread (not real sweet, and no icing) • Plain waffles or pancakes • Corn bread, plain muffins • Bagels, English Muffins • Rolls • Pasta, macaroni, noodles • Rice (white, brown, or wild) • Biscuits (without gravy) • Breadsticks 	<ul style="list-style-type: none"> • Donuts • Sweet rolls • Pop-Tarts® • Pastries (see also dessert section) • Pancakes or waffles with syrup or jam/jelly- Both sugar free and regular
Cereals	
<ul style="list-style-type: none"> • <u>Unsweetened</u> cereals (with milk or eaten dry as a snack) such as: Cheerios®, Corn Flakes®, Rice Krispies®, Rice, Wheat, & Corn Chex®, Special K®, Kix®, puffed rice or puffed wheat • Hot cereals: cream of rice or wheat, grits, oatmeal 	<ul style="list-style-type: none"> • Sugary cereals such as: Honey Nut Cheerios®, Frosted Flakes®, Cocoa Puffs®, Fruit Loops®, etc. • Flavored hot cereals such as maple or apple cinnamon oatmeal, etc.
Crackers/Chips	
<ul style="list-style-type: none"> • Crackers: saltines, club, soda, Matzo, Goldfish®, etc. • Corn or potato chips, reduced fat potato chips • Bagel snack crackers or chips • Rice cakes • Pretzels 	<ul style="list-style-type: none"> • Granola bars, flavor-coated popcorns (Kettle corn, Cracker Jacks®). • Those without a colon may do better limiting high fiber snacks such as popcorn.
Starchy Vegetables	
<ul style="list-style-type: none"> • Potatoes • Sweet potatoes, Yams • Plantain • Butternut squash, Pumpkin squash • Baked French fries 	<ul style="list-style-type: none"> • Creamed starchy vegetables like corn. • Avoid legumes (such as lima, kidney, black, pinto, refried, lentils, etc.) if they bother you. Chew them WELL if you eat them.

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FRUITS	
<ul style="list-style-type: none"> • Bananas • Limit to 1 cup per day: <u>Unsweetened</u> canned or fresh fruits (applesauce, pears, peaches, mandarin oranges, apricots, cherries, plums, etc.) 	<ul style="list-style-type: none"> • Dried fruits • Watch out for <i>high fructose corn syrup</i> in drinks (for example, Capri-Sun®) • Fruit canned in syrup • Fruit juice, fruit drinks
NON-STARCHY VEGETABLES	
<ul style="list-style-type: none"> • Cooked carrots, squash, zucchini, eggplant, turnip or beets • Tomatoes, tomato sauce <p><u>In small amounts:</u></p> <ul style="list-style-type: none"> • Leafy greens (romaine, spinach, red lettuce, collard greens, kale, etc.) • Green, red, or yellow pepper 	<ul style="list-style-type: none"> • Creamed vegetables • Onions, leeks • Broccoli • Brussels sprouts
PROTEINS	
Meat, Fish, Poultry	
<ul style="list-style-type: none"> • Poultry (chicken or turkey) • Beef (flank steak, tenderloin, ground beef, meatloaf, etc.) • Pork (ham, Canadian bacon, pork chops, etc.) • Fish, fresh or canned • Shellfish (clams, crab, lobster, scallops, shrimp, etc.) • Game (duck, pheasant, venison, buffalo/bison) 	<ul style="list-style-type: none"> • Fried meats, fish, or poultry • Raw meats, fish or poultry of any kind
Dairy and Soy	
<ul style="list-style-type: none"> • Regular cheeses (American, cheddar, Swiss, Monterey Jack, mozzarella, feta, Parmesan, Gouda, etc.) • Cottage cheese or ricotta • Cream cheese • Plain yogurt, yogurt sweetened with artificial sweeteners • Plain milks, buttermilk • Unsweetened soy, rice, or almond milk • Tofu 	<ul style="list-style-type: none"> • Sweetened yogurts or kefir • Frozen yogurt • Chocolate or other flavored milks • Flavored soy or rice milks (including vanilla) • Cream, half and half
Nuts and Nut Butters	
<ul style="list-style-type: none"> • Peanuts, almonds, cashews, pecans, walnuts, pepitas, sunflower seeds, etc. • Peanut, almond, cashew, sunflower seed, or soy butters 	<ul style="list-style-type: none"> • Nutella®, flavored nut butters, nut butters with jam or jelly mixed in

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GOOD CHOICES	AVOID
FAT CHOICES	
<ul style="list-style-type: none"> • Vegetable oils (sunflower, olive, walnut) • Salad dressing – limit to 2 tablespoons • Mayonnaise • Miracle Whip® • Butter or margarine • Avocado, Olives • Sesame paste (tahini), hummus • Bacon • Coconut (shredded) unsweetened 	<ul style="list-style-type: none"> • Sweetened cream cheeses (strawberry, honey nut, etc.) • Cream, half and half • Honey butter, flavored nut butters
MISCELLANEOUS/ SEASONINGS	
<ul style="list-style-type: none"> • Salt, pepper, herbs, spices • Soy sauce, Worcestershire sauce, vinegar • Splenda®, Equal®, Sweet 'N Low®, Stevia, etc. • Dill Pickles • Tabasco or Hot Pepper Sauce • Unsweetened cocoa powder 	<ul style="list-style-type: none"> • White or brown sugar • Chocolate or other flavored syrups, Nutella® • Maple or other syrups • High fructose corn syrup, corn or Karo® syrup, Molasses, Honey • Jams and jellies • Sugar alcohols (sorbitol, xylitol, mannitol) in "sugar-free" products such as jam, jellies, Jell-O®, and candy
DESSERTS (VERY LIMITED AMOUNTS)	
<ul style="list-style-type: none"> • <u>Plain</u> (no icing/sugar sprinkles) cake donuts, Pound cake, Angel food cake • Graham crackers • Gingersnaps • Vanilla wafers • Angel food cake • Shortbread • Marshmallows 	<ul style="list-style-type: none"> • Cake (especially with icing), snack cakes (Little Debbie's®), cookies, pie, brownies • Candies, fruit snacks, etc. • Danish, PopTarts®, donuts • Pudding, sweetened gelatin • Ice cream, sherbet, sorbet, popsicles, frozen yogurt
BEVERAGES AND HYDRATION	
<ul style="list-style-type: none"> • Soups, broth (chicken, beef, vegetable) • Oral Rehydration solutions: Ceralyte®, DripDrop, "WHO" formula, Pedialyte® (or store brand equivalents, etc.) See website for recipes under patient education at: www.ginutrition.virginia.edu • Limit water • If allowed: 4 ounces coffee, tea, ice tea • If allowed: 6 ounces Lactaid® milk 	<ul style="list-style-type: none"> • More than 4 ounces coffee or tea • Flavored or sweetened coffees • Sweet teas • Hot cocoa, Ovaltine®, Nesquick® • Fruit juices or fruit drinks (watch out for high fructose corn syrup in drinks), Kool-Aid®, Tang® • Sodas (all kinds) • Sweet alcohol drinks • Supplements like Boost®, Ensure®, etc.