

Gastrointestinal (GI) Modified Diet to Control Fat, Fiber, Sugar and Lactose

Some conditions like having gastrointestinal (GI) surgery or radiation therapy can cause changes in bowel function. Signs include diarrhea, constipation and bloating. If you develop diarrhea or bloating, you may be placed on a GI modified diet to reduce your signs and give your body the nutrition it needs. Diarrhea and bloating can often be controlled by watching what you eat and limiting fat, fiber, simple sugars and lactose in your diet.

Nutrition is needed to help your body heal. Food is the best source for the nutrients and energy that the body uses. Protein is very important for cell growth. Protein is used for cell growth if you eat enough calories.

Ask your doctor or dietitian how long you should stay on this diet.

Diet Guidelines

- **Fat Controlled:** The amount of total fat is limited in this diet.
- **Fiber Controlled:** Foods in this diet are easily digested. Fiber is a plant-based carbohydrate in fruits, vegetables, grains and legumes. It is not easily digested, so the goal is to eat less than 10 to 15 grams a day. Choose products with less than half a gram per serving (0.5 grams/serving). You may also be told to eat low fiber, low residue foods. Residue is the undigested food that makes up stool. Low fiber, low residue foods can improve your signs of inflammation in the colon.
- **Simple Sugar Controlled:** Foods in this diet are very quickly absorbed. Concentrated sweets can decrease the amount of water being pulled into the intestine, leading to diarrhea. Try to limit candy and regular soda and adding sugar to meals or snacks.
- **Lactose Controlled:** Foods high in lactose are restricted in this diet. Lactose is found in dairy products such as yogurt, milk and cheese. Some dairy products are more easily digested if the lactose is broken down as it is in Lactaid milk.



Food Group	Foods Allowed	Foods to Avoid
Meat, Fish, Poultry and Eggs	<ul style="list-style-type: none"> • Lean ground or tender meats (beef, pork, chicken, veal, turkey) • Smooth peanut butter • 1 egg 	<ul style="list-style-type: none"> • Tough or fried meats • Highly seasoned meats or cheeses • Crunchy peanut butter, nuts • Bacon, sausage, hot dogs, luncheon meats • Duck, goose • Products canned or frozen with sauces or gravies • Fished canned in oil • Poultry skins • Clams, oysters
Milk and Milk Products	<ul style="list-style-type: none"> • Low-fat or fat free (skim) milk prepared with a dairy digestive supplement such as Lactaid. • Low-fat buttermilk prepared with Lactaid. • Kefir • Cottage cheese (up to ¼ cup), cream cheese, aged cheese (up to 1 ounce) • Commercial foods made with small amounts of milk, milk products, milk solids • Yogurt without fruit or nuts <p>*Note: Other low-fat milk products such as low-fat yogurt, ice milk, etc. may be tolerated if treated with Lactaid drops or if Lactaid caplets are taken before eating.</p>	<ul style="list-style-type: none"> • Untreated whole, low-fat or fat free (skim) milk • Untreated buttermilk • Condensed milk (high fat) • Evaporated whole milk (high fat) • Cream (high fat) • Ice cream (high fat, high sugar), frozen yogurt
Breads and Cereals	<ul style="list-style-type: none"> • Refined bread and cereals; white, fine rye or homogenized whole wheat bread, plain rolls • Saltine and soda crackers, Zwieback Rusk, Melba toast, graham crackers • Dry cereal (corn flakes, puffed rice, Rice Krispies, Special K, Cheerios, Grapenut Flakes), oat bran • Refined cooked cereals (cream of wheat, strained oatmeal) • Quick breads made with refined flours • Refined pasta, refined rice 	<ul style="list-style-type: none"> • Whole grain cereals (wheat bran, shredded wheat) • Raisin bread • Whole grain bread • Cereal not listed as allowed • Crackers or quick breads containing nuts, seeds or fruit rinds • Unrefined, wild or brown rice, whole grain pasta

Food Group	Foods Allowed	Foods to Avoid
Vegetables	<ul style="list-style-type: none"> • Canned or cooked beets, carrots, green or wax beans, peas, spinach, squash, mushrooms, asparagus, potatoes (without skins), sweet potatoes / yams • Plain tomato sauce, paste or puree • Vegetable juices 	<ul style="list-style-type: none"> • All raw vegetables • Broccoli, Brussels sprouts, cauliflower, onion, cabbage • Corn, lima beans • Vegetable skins, seeds and strings • Dried peas, kidney beans and navy beans
Fruit	<ul style="list-style-type: none"> • Ripe bananas • Canned cooked fruits without skins or seeds: apples, applesauce, apricots, mandarin oranges, peaches, pears, plums, Royal Anne cherries • Canned orange or grapefruit sections without membranes • Strained fruit • Strained or clear fruit juice (diluted fruit juice) 	<ul style="list-style-type: none"> • Any fruit with seeds • Raw fruits, except ripe bananas • Dried fruits and those with tough skins • Prune juice • Citrus fruits (fresh) • Berries
Fat Limit to 4 to 6 servings per day or as tolerated	<ul style="list-style-type: none"> • Salad dressing, 1 tablespoon • Low-fat salad dressing, 2 tablespoons • Margarine/butter, 1 teaspoon • Diet margarine, 1 tablespoon • Mayonnaise, 1 teaspoon • Low fat mayonnaise, 1 tablespoon • Gravy, 1 tablespoon • Sour cream, 2 tablespoons • Cream cheese, 1 tablespoon • Light cream cheese, 2 tablespoons • Fat free products are allowed as desired such as fat free sour cream, cream cheese and salad dressing 	<ul style="list-style-type: none"> • Fried foods • More than 4 to 6 servings per day
Desserts	<ul style="list-style-type: none"> • Diet custard and puddings made with lactose free milk • Diet syrup • Diet jelly • Diet gelatin • Sugar substitute • Plain sugar cookies, graham crackers, vanilla wafers, ginger snaps 	<ul style="list-style-type: none"> • Rich pastries • Any dessert with nuts, seeds or restricted fruits • Ice cream, ice milk • Chocolate • Candy made with nuts, coconut or other foods not allowed (such as chocolate) • Other concentrated sugars such as jelly, table sugar, honey, syrup and hard candy

Food Group	Foods Allowed	Foods to Avoid
Beverages	<ul style="list-style-type: none"> • Diet decaffeinated carbonated drinks • Decaffeinated coffee or tea • Cereal beverages • Commercial lactose-free liquid supplements such as Ensure and Boost • Sugar-free beverages • Gatorade, Rehydralyte, Pedialyte 	<ul style="list-style-type: none"> • Beverages containing caffeine such as regular coffee and tea, regular soda pop, large amounts of chocolate. Small amounts without nuts are okay.

Sample Meal Plan

This meal plan has 2515 calories and 115 grams of protein.

Breakfast	Lunch	Dinner
1 egg 1 slice white toast 1 teaspoon margarine	2 ounces sliced turkey 2 slices white bread 1 teaspoon mayonnaise 1 cup canned fruit cocktail 8 ounces V-8 juice	4 ounces sliced roast beef ½ cup cooked green beans 1 cup mashed potatoes with 1 tablespoon gravy 1 roll 1 teaspoon margarine 1 cup Lactaid milk (2%)
Midmorning Snack	Afternoon Snack	Bedtime Snack
1 cup Cheerios ½ cup Lactaid milk (2%) 1 teaspoon sugar	½ cup cottage cheese ½ cup canned peaches 4 saltine crackers	1 cup Ensure Plus

Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.