

Tips to Thrive

THE PEDIATRIC SHORT BOWEL SYNDROME DIET: WHAT'S ON THE MENU?

CHILDREN WITH SHORT BOWEL SYNDROME (SBS) require a modified diet to prevent dehydration, preserve electrolytes, and promote healthy growth. Meals and snacks should be balanced and evenly distributed throughout the day. To promote growth, calorie intake must exceed calorie use and account for malabsorption. Every child is different and should be watched for signs of increased output with all dietary changes. Portion size is important. The recommended serving size increases with the age of your child.

FOOD GROUP	RECOMMENDED FOODS	FOODS TO LIMIT
Meat, Fish, Poultry, Eggs, Soy & Nut Butter	Chicken (baked or broiled), ground beef, turkey, fish, lamb, soy, tempeh, tofu, veal, eggs, canned tuna and salmon without bones, unsweetened peanut butter	Meats prepared with sweetened sauces
Breads and Starches	Bread, crackers, dinner rolls, muffins, tortillas, pancakes, waffles, French toast with low-sugar syrup, popcorn, pretzels, unsweetened cereals, white or sweet potatoes, rice, pasta	Sweet rolls, pastries, doughnuts with sugar frosting, granola bars, caramel corn, sweetened cereals, maple syrup, raisin bran, glazed potatoes, baked beans with molasses
Vegetables	Green peas, green beans, carrots, lima beans, broccoli, spinach, zucchini, radishes, pumpkin, mushrooms	Sugared or glazed vegetables
Fruits and Juices —Limited to One Serving Per Meal	Fresh fruits or those frozen without added sugar; fruits canned without sugar; fruit juice (must be 100 percent juice, unsweetened, limited to eight ounces per day, and consumed with a meal)	Sweetened juices, dried fruit, fruits canned or frozen with sugar or syrup, cranberry sauce
Milk Products	Cow's milk in limited amounts; plain soy milk; lactose-free milk; low-fat, hard cheeses; cottage cheese; unflavored, no-sugar-added plain yogurt	Large amounts of cow's milk, soft cheeses, flavored milks, chocolate milk & ice cream
Fats and Oils	Canola oil, vegetable oil, sunflower oil, safflower oil, olive oil, salad dressing, avocado, mayonnaise	Foods high in saturated fat
Beverages	Formula; breast milk; oral rehydration solutions; in moderation: unflavored soy, rice or cow's milk, and water	All sweetened beverages, soda, sports drinks, coffee, sweet tea, and carbonated beverages
Desserts	Angel food cake; sponge cake; gingersnaps; vanilla wafers; gelatin or pudding sweetened with aspartame, sucralose, or stevia-based sweeteners	Pies; frosting; pastries; sweetened gelatin; all candy; sugar; jelly; jam; syrup; frosting; chewing gum; chocolate; sugar-free foods containing sorbitol, mannitol, or xylitol
Seasonings and Condiments	All spices, garlic, ketchup, herbs, mustard, salt and pepper, soy sauce, Worcestershire sauce, dill pickles	BBQ sauce, duck sauce, honey, sweet and sour sauce, sweet pickles, relishes, white sugar, brown sugar

Solid foods should be introduced to the child as appropriate for age, development, and the ability to swallow safely. Hydration, fiber, calcium, and oxalates are also very important considerations for the SBS child. Discuss all food choices with your medical team before making any changes to your child's diet. Your child's medical team might have its own dietary guidelines.

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