

CONSTIPATING DIET



The constipating diet can be done in 2 phases. In phase 1, your child will strictly eat constipating foods to control the watery stools and help slow down the bowel. The second phase will begin 24 to 48 hours after your child has not had any accidents and involves slowly adding fats. During phase 2, you will want to add a new food (1 at time), every 2 to 3 days and closely watch to see if your child has an accident.

Phase 1

| FOOD GROUP | FOOD RECOMMENDATIONS | FOOD TO AVOID OR LIMIT |
|------------------------|---|--|
| Milk | Plain rice milk | All others |
| Vegetables | None | If vegetables are eaten, make sure they are cooked and not raw |
| Fruits | Applesauce, apples (without skin), ripe bananas | Avoid raw fruits without seeds or skins |
| Starch, Grains | White flour, refined flour Bread, crackers, pasta and noodles, white rice, white potatoes (without skin), dry cereals | All others |
| Meat, Seafood, Legumes | Baked/broiled/grilled/ well-done and tender meats, poultry or fish, lean deli meats, eggs, soy foods made without added fat, smooth nut butters | Avoid beans |
| Fats, Oils | Non-stick spray, non-fat butter spray | Limit butter, margarine, and oils No fried foods |
| Sweets | Sugar-free gelatin, popsicles, jelly, or syrup Rice-milk ice cream | All others |
| Beverages | Water, Sugar Free Gatorade, Sugar Free Crystal Light, Sugar Free Kool-Aid, Pedialyte, decaffeinated coffee or caffeine-teas | Avoid carbonates beverages, soda, juices, high sugar drinks |

Phase 2

| FOOD GROUP | FOOD RECOMMENDATIONS | FOOD TO AVOID |
|------------------------|--|--|
| Milk | All milk products allowed, but limit to 16 oz. total per day | Any milk or cheese product (such as ice cream) with nuts or seeds, berries or dried fruit |
| Vegetables | Vegetable juice without pulp, Vegetables which are well cooked Green beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots | Raw vegetables, fried vegetables, vegetables with seeds, also beets, broccoli, cabbage, cauliflower, collard mustard and turnip greens, corn, potato skins |
| Fruits | Applesauce, apples (without skin), banana, melon, canned fruit, fruit juice (without pulp) | Fruit juice with pulp, fruit in heavy syrup, prunes, dried fruit, jam, marmalade, any fruit sweetened with sorbitol |
| Starch, Grains | Bread, crackers, cereals made from refined flours Pasta or noodles made from white flours White rice, pretzels, white potatoes (without skin), dry cereal | Whole grain or seeds breads, crackers, popcorn Whole grain pasta Brown rice, wild rice, oatmeal, bran cereal, whole-grain cereal and cereal made with seeds and nuts |
| Meat, Seafood, Legumes | Meat, poultry, eggs, seafood Baked, broiled or grilled are preferred cooking methods | Beans Fried or greasy meats, salami, cold cuts, hot dogs, meat substitutes, sausage, bacon |
| Fats, Oils | All oils, margarine, butter, mayonnaise, salad dressings No more than 2 tbsp. of added fat per meal | Chunky peanut butter, nuts, seeds, coconut |
| Sweets | Jelly, "Rice Dream" frozen desserts, sugar, marshmallows, angel food cake | Anything containing nuts, coconut, whole grain, dried fruits or jams |
| Beverages | Water, Sugar Free Gatorade, Sugar Free Crystal Light, Sugar Free Kool-Aid, Pedialyte | Juices, regular soda, regular kool-aid or powered drinks |
| Miscellaneous | Salt, sugar, ground or flaked herbs and spices, vinegar, ketchup, mustard and soy sauce | Popcorn, pickles, horseradish, relish, jams, preserves |

General rules to follow:

Avoid raw vegetables.

If you eat vegetables, ensure they are well cooked.

Avoid carbonated drinks,

chewing gum, beans, spicy foods and using a straw can cause cramps and produce gas.

Limit sugar and added sweeteners

such as refined sugar, honey, corn syrup, concentrated fruit juice, maple/brown/ powdered sugar, dextrose, maltose, lactose, sucralose, sugar-alcohols such as xylitol and sorbitol.

If you have any questions about your child's regimen, please contact the colorectal and pelvic reconstruction clinical team at:

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