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Sensitive Stomach Diet

Foods to Enjoy

Dairy

- Almond/Rice/Soy Milk, Brie, Camembert, Cheddar, Chevre (Goat Cheese), Coconut Milk, Colby, Feta, Hard Cheeses, Lactose Free Dairy, Mozzarella, Parmesan, Swiss

Fruits (limit 1 per meal, avoid large servings, avoid blender)

- Banana, Blueberries, Cantaloupe, Clementine, Coconut, Dragon Fruit, Grapes, Honeydew, Kiwifruit, Lemons, Limes, Mandarin, Oranges, Papaya, Passion Fruit, Pineapple, Raspberries, Rhubarb, Starfruit, Strawberry, Tangelos

Grains

- Gluten Free Bread, Corn/Rice/Quinoa Pasta, Rice Cakes, Potato & Tortilla Chips, Rice, Quinoa, Oats <1/2 Cup Cooked, Sourdough, Spelt Bread, Polenta, Tapioca, Corn Tortilla

Nuts & Seeds (limit 1-2 TBS)

- Almonds, Macadamia, Peanuts, Pecans, Pine Nuts, Walnuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Chia Seeds

Vegetables

- Alfalfa, Arugula, Bean Sprouts, Carrots, Celery (<1.4 stalk), Chili, Chives, Collard Greens, Cabbage, Cucumber, Endive, Ginger, Green Beans, Kale, Lettuce, Olives, Olive Oil, Oregano, Parsley, Parsnip, Potato, Pumpkin, Radish, Rosemary, Scallion, Spinach, Squash, Sweet Potato (<1/2cup), Thyme, Tomatoes, Turnip, Zucchini

Sweeteners

- Aspartame, Stevia, Pure Maple Sugar, Table Sugar, Glucose, Brown Sugar

Alcohol (limit 1 drink)

- Beer, Gin, Vodka, Whiskey, Wine

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