



Dr. David Tenenbaum
(718) 396-2005
www.queensgidocs.com

Sensitive Stomach Diet

Foods to Avoid

Dairy

- Custard, Cottage/Cream/Mascarpone, Ricotta Cheese, Ice Cream, Milk from cows, goats or sheep, Ricotta, Yogurt (Non-lactose-free varieties)

Fruits (avoid large serving, dried fruit, fruit juice)

- Apples, Apricots, Blackberries, Boysenberry, Cherries, Currants, Dates, Figs, Grapefruit, Lychee, Nashi, Mango, Nectarine, Persimmon, Pears, Peaches, Plums, Prunes, Tamarillo, Watermelon

Grains

- Barley, Chicory Root, Inulin, Rye, Wheat (bread, crackers, cookies, couscous, pasta)

Nuts

- Cashews, Pistachios

Vegetables

- Artichoke, Avocado, Asparagus, Beans, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chickpeas, Eggplant, Fennel, Garlic, Lentils, Leeks, Mushrooms, Onion, Shallot, Snow Peas, Soybeans (Edamame, Soy Flour, Soy Milk), Sweet Corn

Sweeteners

- Agave, Honey, High Fructose Corn Syrup, Sorbitol, Mannitol, Maltitol, Isomalt, Xylitol (Sugar-Free Gum, Mints, Cough Drops & some medications).

Other

- Teas (Chamomile, Fennel, Oolong), Carob >2tsp, Onion & Garlic Salt