

Regional Weight Management Center

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(605) 719-1375

Some patients have found the following foods difficult to tolerate.

If you are trying these foods for the first time, eat slowly and chew thoroughly.

- ✓ Tough meats, especially beef – buy lean hamburger, try marinating solid meats or use tenderizer.
- ✓ Rice and Pasta-these foods have a potential to “swell” in your stomach making them hard to tolerate.
- ✓ Dried fruits such as raisins (unless re-hydrated) may be difficult to digest.
- ✓ The peel of oranges and grapefruit – use only the canned orange or grapefruit sections or strained juices. Tough fibers of fresh pineapple may not be well tolerated
- ✓ Skins of fruits and vegetables such as grapes, apples, potatoes - peel skins off apples, potatoes, etc.
- ✓ “Stringy” vegetables such as celery, corn – use a blender and strainer as needed to avoid undigestible fiber such as “stringy” squash
- ✓ Fresh bread – can form into “dough balls” in the stomach – try plain toasted breads
- ✓ Fried or spicy foods – bake, broil, or grill foods. Season foods lightly
- ✓ Milk products – try “Lactaid” or “Dairy Ease” and cooked milk products

The following foods should always be avoided.

Please read the labels as many foods have hidden calories.

- ✓ Coconut – difficult to digest and can form into a ball which blocks the stomach opening causing prolonged nausea and vomiting.
- ✓ Carbonated beverages
- ✓ Fruit Juices except those that are “light” or “diet” with equal to or less than 50 calories per 8 oz. (Limit to 1 serving per day to avoid excess calories)
- ✓ Sugar and Sweets (simple carbohydrates):
 - Beverages sweetened with sugar including pop, punch, Kool-aid, lemonade,
 - chocolate milk, sweetened juice
 - Cereals sweetened with sugar
 - Custard, pudding, regular gelatin -Ice cream, ice milk, frozen yogurt, sherbet
 - Cake, cookies, pies, donuts, frosting, candy, muffins, caramel corn, marshmallows
 - Jam, jelly, syrups, unless no sugar added or “diet”
 - Sweet pickles, pickle relish
 - Sweetened condensed milk
 - Hidden Sugars, or Brown sugar -Sucrose
 - Corn syrup, corn syrup solids, maple syrup, molasses or honey
 - Dextrose
- ✓ High fructose corn syrup (fructose is allowed)
- ✓ Sorghum and turbinat sugar
- ✓ Mannitol, sorbitol, and xylitol
- ✓ High fat foods: -Mayonnaise, regular salad dressing
- ✓ Margarine, butter, Sour cream, cream cheese
- ✓ Olives or nuts
- ✓ High fat snack crackers or breads, such as croissants
- ✓ High fat, breaded, or fried meats
- ✓ Fried foods

Small amounts of added fats are allowed: “light” margarines and salad dressings are recommended.

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