GI Soft Diet

What is it?

This diet is typically recommended for a short amount of time when you are experiencing major discomfort to the gastrointestinal (GI) tract. This diet contains moderate amounts of fiber. The Gastrointestinal Soft (GI Soft) Diet limits most raw fruits and vegetables, highly seasoned, gas forming foods, nuts, seeds, coarse breads and cereals, and fried foods.

Breads and Cereals

**choose**
- White, seedless rye or fine whole-wheat bread
- Plain crackers
- Graham crackers
- Plain spaghetti
- Macaroni
- Noodles
- Rice

**do not choose**
- Coarse whole-grain breads
- Breads with seeds, nuts or raisins
- Highly seasoned crackers
- Bran cereals
- Cereals with raisins
- Brown or wild rice

Vegetables

**choose**
- Tomato juice
- Cooked asparagus, beets, carrots, green or wax beans, green peas, mushrooms, potatoes, spinach, summer squash, sweet potatoes, tomatoes, winter squash

**do not choose**
- Raw vegetables
- All other cooked vegetables
- Deep-fried vegetables
Fruits

choose
- All fruit juices
- Avocado
- Banana
- Grapefruit and orange sections without membrane
- Baked peeled apple; applesauce
- Canned: apricots, cherries, peaches, pears, pineapple
- Peeled ripe peaches or pears

do not choose
- Raw fruit not listed as allowed
- Dried fruits
- Fruits with edible seeds or tough skins

Meats

choose
- Meat, fish, or poultry, not fried
- Plain cheeses
- Eggs, except fried
- Smooth peanut butter

do not choose
- Fried meat, fish, or poultry
- Highly seasoned cold cuts or sausage
- Fried eggs

Sweets

choose
- Plain cake
- Cookies
- Pudding
- Custard
- Ice cream
- Sherbet
- Gelatin
- Fruit whips

do not choose
- Pastries
- Pies
- Desserts containing nuts, coconut and dried fruits
- Fruit with seeds or tough skins
Fats

**choose**
- Butter
- Cream; cream sauce
- Margarine
- Mayonnaise; mild salad dressing

**do not choose**
- Fried foods
- Gravy
- Nuts
- Olives

Miscellaneous

**choose**
- Salt
- Allspice
- Cinnamon
- Paprika
- Herbs
- Flavoring extracts
- Ketchup

**do not choose**
- Red, black, white pepper
- Horseradish
- Mustard
- Pickles
- Popcorn
- Potato chips

Milk & Yogurt:
All are acceptable

Sample Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>Cream of Tomato Soup</td>
<td>Lean roast beef</td>
</tr>
<tr>
<td>Rice Krispies</td>
<td>Turkey sandwich on white bread</td>
<td>Parsleyed potatoes</td>
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<tr>
<td>White toast</td>
<td>Mayonnaise</td>
<td>Spinach</td>
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<tr>
<td>Margarine</td>
<td>Angel food cake</td>
<td>Dinner roll</td>
</tr>
<tr>
<td>Jelly</td>
<td>Fruit cocktail</td>
<td>Banana</td>
</tr>
<tr>
<td>2% milk</td>
<td>2% milk</td>
<td>Low-fat frozen yogurt</td>
</tr>
<tr>
<td>Coffee</td>
<td>2% milk</td>
<td></td>
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</tbody>
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