

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:

202-476-2656 | CNCCNurse@childrensnational.org



Children's National