

# Transitional Light Diet

## Purpose

This diet is soft in texture, low in fibre, and easy to digest. The goal is to decrease nausea, diarrhea, and gas in the bowel that may cause abdominal pain and discomfort. This diet is often used after abdominal surgery or as a transitional diet after gastroenteritis, diverticulitis or inflammatory bowel flares.

This is a TEMPORARY DIET ONLY. It is recommended that you follow this diet for \_\_\_\_\_ week(s), or as directed by your primary care provider.

## General Guidelines

1. If you are unable to tolerate three meals per day, try six smaller meals per day instead.
2. Make time for your meals. Cut your food into small pieces and chew each bite very well.
3. Use mild seasonings and spices as tolerated.
4. Remove all skins, membranes and seeds.
5. **Drink six to eight glasses of fluids daily.** Choose caffeine-free beverages more often, especially if you are having issues with diarrhea or heartburn.
6. Choose foods from the “Recommended Foods” list and avoid/limit those on the “Foods Which May Cause Distress.”

## Reintroducing Foods

- Try a small portion of one of the “Foods Which May Cause Distress” each day. If it doesn’t bother you within 24 hours, it can be added to your diet. Continue to add new foods in this way.
- Some people may continue to have food sensitivities and may need to continue to avoid certain foods. If you cannot tolerate a food, avoid that food for a few weeks before you try it again.
- Ensure that as you reintroduce high fibre foods, increase your intake of fluids to prevent constipation.

References: Cleveland Clinic  
Academy of Nutrition and Dietetics. Nutrition Care Manual. Accessed July 11/16.  
Nutrition & Food Services: Bluewater Health Form NFS – 2 Revised October 2017

Types of Food	Recommended Foods	Foods Which May Cause Distress
<b>Milk and Milk Products</b>	Milk, cheese, yogurt, milkshakes, pudding, custard, ice cream, sherbet	Dairy products mixed with fresh fruit (except banana), berries, nuts or seeds
<b>Bread and Cereals</b>	<p><b>Breads:</b> Plain white and whole wheat bread and rolls, waffles, pancakes, plain muffins, cake, crackers, english muffins, bagels</p> <p><b>Cereals:</b> Dry or cooked cereals (cream of wheat, oatmeal, rice crisps, corn flakes, cheerios, etc.)</p> <p><b>Pasta:</b> white rice, pasta, noodles</p>	<p>Any products containing bran, nuts, seeds or fruits</p> <p>Pumpnickel or multi-grain bread/crackers, whole grain cereals, bran cereals, granola</p> <p>Whole wheat pasta or rice</p> <p>*Less than 2 grams of fibre per serving</p>
<b>Meat, Fish, Poultry and Alternates</b>	Chicken, turkey, fish, tender cuts of beef and pork, ground meats, eggs, smooth nut butters, tofu	Tough, fibrous meats with gristle, meat with casings (hot dogs, sausage, kielbasa), lunch meats with whole spices, chunky nut butter, nuts and seeds, legumes/beans
<b>Fruits</b>	Canned fruit, applesauce, banana, fruit juices, fruit without skin/seeds/membranes, melon, avocado	Fresh fruit (except banana, avocado) grapefruit, oranges, dates, figs, cherries, grapes, prunes, blueberries, raspberries, strawberries, raisins, plums, melon, pineapple, high fibre smoothies
<b>Vegetables</b>	Well-cooked or canned vegetables, potatoes without skin, tomato sauces, vegetable juice	<p>Corn, green peas, mixed vegetables, spinach/lettuce, tomatoes, bean sprouts</p> <p><b>Gas Producing Vegetables:</b> cauliflower, broccoli, onion, turnip, cucumber, peppers, Brussels sprouts, cabbage, radishes, sauerkraut</p>
<b>Desserts and Sweets</b>	Plain cake, cookies, pudding, custard, ice cream, sherbet Pie: pumpkin, cream pie, lemon, apple	Anything made with nuts, seeds, coconut, dried fruits, berries, fruit pies, fruit loaf
<b>Beverages</b>	Coffee and tea if tolerated	Alcohol, coffee, tea, carbonated beverages
<b>Other</b>	Mild and ground spices/herbs, salt, jelly, mayonnaise, condiments, oil, butter/margarine, broth or cream soups made from foods allowed.	Highly seasoned foods, popcorn