Easily digestible diet
Food list

azdelta
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Dear patient,

This leaflet provides a number of recommendations for a diet that is easily digestible. An easily digestible diet is above all a healthy diet. You may well need to avoid some foods as you may be less able to tolerate them. There are no prohibited foods in an easily digestible diet. A product that one person experiences as difficult to digest may cause fewer problems for someone else. Therefore, the recommendation is: keep trying out which foods you tolerate well and which ones you tolerate less well. It would be worthwhile to take the following recommendations into account. In consultation with your dietitian, you can agree on how long these recommendations must be followed.

Below you will find an overview of foods, divided - per food group - according to whether they are easy or more difficult digest. This division can help you to start making the right choice of food, but as mentioned earlier, this can differ from person to person.

The dietitians

1 General advice

1. Have several small meals.
2. Eat slowly and chew well.
3. Do not eat food that is too cold, too hot or too spicy.
4. Do not eat hard crusts of bread or meat.
5. Drink little during mealtimes.
6. Avoid having a snack just before bedtime.
7. Cook or steam foods thoroughly.

2 Preparation techniques

Recommended preparation techniques include:

1. Boiling, poaching, braising, steaming, roasting, grilling.
2. Stick to the right cooking times.
3. Boil in a minimum amount of liquid.
4. Always remove peels, skins, pips, bones and fishbones.
5. Do not make sauces too thick, but rather, only lightly thickened.
6. Never prepare food au gratin or with a crust.
7. Pasta must be fully expanded.

3 List of foods and beverages

Beverages

EASY TO DIGEST	HARDER TO DIGEST
• plain water • weak coffee or tea • clear fruit juices (e.g. apple juice, grape juice, blueberry juice, etc.) • vegetable juices • non-carbonated soft drinks	• fruit juice with pulp • orange or grapefruit juice • carbonated drinks (sparkling water, soft drinks) • strong coffee or tea • alcoholic beverages: wine, beer, aperitif, spirits

Confectionery

EASY TO DIGEST	HARDER TO DIGEST
• sugar • jelly, jam, honey • gingerbread • sugar-based sweets • sorbet	• chocolate and all derived products, speculoos spread, peanut butter, chocolate spread • marmalade • marzipan • ice cream

Bread and cereal products

EASY TO DIGEST	HARDER TO DIGEST
• (stale or lightly toasted) white or light brown bread, rusks, crackers, white rolls • plain cornflakes, Rice Krispies • dry biscuits or dry cakes (Boudoir, Petit Beurre, Vitabis, Rachel, Madeira)	• wholemeal bread, fresh white bread, fancy bread, pastries • muesli, Cruesli, cornflakes with chocolate or dried fruit • cake with whipped cream, butter cream or chocolate

Potatoes, pasta and binding agents

EASY TO DIGEST	HARDER TO DIGEST
• boiled or steamed potatoes, low-fat mashed potatoes (mashed with broth, skimmed or semi-skimmed milk and a limited amount of permitted fats) • soft-cooked pasta (macaroni, spaghetti) • white rice, couscous, quinoa • binding agents: flour, vanilla flour, corn starch, potato flour	• baked potatoes, croquettes, chips, crisps, potato rösti, potatoes au gratin • new potatoes • ready-made pasta and rice dishes (lasagne, pizza, paella, etc.)

Meat and meat products

EASY TO DIGEST	HARDER TO DIGEST
• lean meat from beef, veal, pork and horse: e.g. pork fillet, pork tenderloin, rump steak, roast beef, veal cutlet, etc. • chicken and turkey without the skin • rabbit, fillets of lamb • lean cold meats: filet d'Anvers, filet de Saxe, lean ham, roast beef, sliced chicken, sliced turkey, etc.	• fatty beef, veal and pork • mutton and lamb, organ meat • breaded or marinated meat • all preserved meats • fatty meats: pâté, sausage, salami, bacon, minced meat, meat salads

Fish and fish preparations

EASY TO DIGEST	HARDER TO DIGEST
• all lean fresh and unprepared frozen fish: e.g. cod, plaice, sole fillet, sea bream, saithe, pangasius, tuna, etc. • poached salmon • canned fish in water • crustaceans and shellfish	• all fatty, marinated or smoked fish: e.g. herring, halibut, salmon, mackerel, etc. • deep-fried fish types: e.g. fish fingers, shrimp croquettes, pre-fried squid rings • canned fish in sauce or oil • ready-made fish preparations (fish stew, etc.)

Eggs

EASY TO DIGEST	HARDER TO DIGEST
• boiled, poached or lightly fried eggs	

Dairy

EASY TO DIGEST	HARDER TO DIGEST
• skimmed or semi-skimmed milk • low-fat or half-fat natural yoghurt and fruit yoghurt • vanilla, caramel or mocha pudding • buttermilk, porridge • soy milk, vanilla or caramel soy dessert, soy yoghurt • plant-based drinks: rice milk, almond milk, etc.	• whole milk • chocolate milk • full-fat yoghurt • chocolate pudding

Cheese

EASY TO DIGEST	HARDER TO DIGEST
• cheese with moderate fat content (<20+, 30+ or <20%) • low-fat cheese spread and processed cheese • low-fat or half-fat fresh cheese	• cheese >20% fat or >30+ • matured and fermented cheese (e.g. camembert, brie, etc.) • cream cheese, full-fat fresh cheese

Fats and sauces

EASY TO DIGEST	HARDER TO DIGEST
• margarine, low-fat margarine, butter in moderation • oil in small quantities • sauces based on milk or vegetable stock or low-fat stock • dressing • tomato ketchup	• browned butter, margarine • pan juices from preparations • deep-frying fat • oily and spicy sauces (mayonnaise, tabasco, sambal, etc.) • pickled condiments, mustard

Vegetables and soups

EASY TO DIGEST	HARDER TO DIGEST
• vegetables either boiled until soft, steamed or cooked using little fat: carrots, cauliflower, broccoli, fine green beans, chicory, spinach, peeled and seeded tomatoes, fennel, the white part of leeks, courgettes, aubergines, endive, bean sprouts • fresh, low-fat vegetable soup with the permitted vegetables • defatted stock: homemade or based on a low-fat stock cube	• raw vegetables • onion, shallot, beans (white/brown/soy), cabbage, Brussels sprouts, salsify, bell peppers, turnips, mushrooms, asparagus, peppers, artichoke, pulses (such as lentils, peas, chickpeas, etc.) • high-fat soups, cream soups, pea soup, onion soup, cabbage soup • high-fat broth

Fruit

EASY TO DIGEST	HARDER TO DIGEST
• **ripe** and **peeled** fruit: banana, apple, melon, pear, peach, strawberries, stewed fruit, fruit puree, canned fruit	• unripe and unpeeled fruit • citrus fruits (orange, grapefruit, etc.) • kiwi, grapes, berries, raspberries • dried and candied fruit • nuts, seeds, kernels

Herbs and spices

EASY TO DIGEST	HARDER TO DIGEST
• all soft garden herbs: salt, cinnamon, bay leaf, thyme, parsley, chives, tarragon, oregano, sage if used in moderation	• all spicy varieties: chili pepper, cayenne pepper, Tabasco, sambal, etc. • lemon juice

4 Example of a daily menu

Breakfast
White (or light brown) bread or rusks
margarine/butter
Jelly, jam, honey, cheese spread, lean meat
Weak coffee, tea or skimmed/semi-skimmed milk

10 a.m.
Dry biscuit or a piece of ripe peeled fruit
Fresh vegetable soup

Midday
Boiled potatoes, mashed potatoes, pasta or rice
Soft-cooked vegetables
Lean meat or lean fish
Defatted meat gravy in moderation
Water

2 p.m.
Pudding, low-fat/half-fat yoghurt or fresh cheese

Evening
White (or light brown) bread, rusks
Margarine/butter
Lean meat or cheese
Fresh vegetable soup, buttermilk pudding, skimmed or semi-skimmed milk, weak coffee or tea

Later
Pudding or low-fat/half-fat yoghurt, fresh cheese or milk

Notes

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