

Digestive Health Complex

Digestivecomplex.com

Foods Allowed

- Applesauce
- Bread with jam
- Grits made with water
- Scrambled egg or egg substitute
- Baked macaroni and cheese made with low-fat cheese
- Pasta with a small amount of olive oil
- Baked chicken breast
- Baked white fish

Spicy Foods to Avoid

- Black pepper
- Chili powder
- Caffeine
- Coffee
- Tea
- Cocoa
- Alcohol

Fatty Foods to Avoid

- Whole fat dairy
- Baked goods
- Avocado
- Fried or fatty meats
- Sweets
- Potato chips and other high fat snack foods
- Butter
- Heavy Cream
- Casseroles
- Vegetables served in a butter sauce

Soft/Bland Diet