

# Nutrition for Patients with Hirschsprung's Disease

## Patients that have surgery soon after birth:

- Breast milk is recommended due to known laxative effect. If your child is under the age of 12 months and is breast fed keep in mind that once foods are introduced the consistency and frequency of stool will change and breast milk will no longer have its laxative effect.

## Baby foods to include to help avoid constipation: Stage I-II (~4-8months of age):

- Baby oatmeal
- Baby prunes
- Mixed grain cereal
- Pears
- Green beans
- Blueberries
- Mixed vegetables
- Sweet potatoes
- Peas
- Spinach
- Apple juice
- Carrots
- Prunes with pears
- Baby prune juice
- Pears and raspberries combo

## Food to introduce at ~8-10 months of age:

*Note foods should be soft in texture and cut into small pieces*

- Anything from the list above
- Canned pears
- Fresh strawberries, watermelon, honeydew melon, peeled grapes, and kiwi
- Whole wheat waffles
- Whole wheat bread or toast
- Whole wheat macaroni and cheese or pasta



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- Steamed broccoli, green beans, cauliflower and green peas
- Whole wheat veggie pizza
- Graham cracker sticks or crackers
- Corn tortillas
- Whole wheat pitas

**Food to avoid from 4 months on:**

- Rice cereal
- Bananas
- Applesauce
- Papayas
- Winter squash
- Corn meal
- Tangerines
- Yams
- Artichokes
- Rutabagas
- Orange
- Potatoes without skin
- Mango

- Combination baby foods containing bananas and applesauce
- White bread, high sugar cereals, white pasta, white rice,
- Large amounts of high fat dairy products may constipate some children and have no effect on others. Provide enough dairy products to meet calcium needs for age. See chart below.

**How much calcium do I need everyday?**

0-6 months	210 mg
7-12 months	270 mg
Ages 1-3	500 mg/day

Ages 4-8	800 mg/day
Boys and Girls Ages 9-18	1,300 mg/day

### Which foods are good sources of calcium?

Food & Serving Size	Calcium (milligrams)	Food & Serving Size	Calcium (milligrams)
Yogurt, 1 cup	400	Orange juice, calcium added, 1 cup	200
Milk, 1 cup	302	Bok Choy, 1/2 cup, cooked	79
Ricotta, 1/2 cup	337	Turnip greens, 1/2 cups, cooked	99
Swiss, 1oz.	272	Orange, 1 medium	56
Mozzarella, 1oz.	183	Collard greens, 1/2 cup, cooked	178
Macaroni and Cheese, 1/2 cup	180	Kale, 1/2 cup, cooked	90
Cheese Pizza, 1 slice	220	Broccoli, 1/2 cup, cooked	36
Canned sardines, w/ bones, 3 oz.	330	Tofu, firm (calcium set), 1/2 cup	258
Canned salmon, w/ bones, 3 oz.	181	Black-eyed peas, 1 cup	212
<i>Calcium Fortified Foods</i>		Navy beans, 1 cup	128

Soy milk, calcium added, 1 cup	300	Almonds, 1/2 cup	94
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**Patients who have Hirschsprungs and have an ostomy  
Include the following:**

- Complex carbohydrates (a form of sugar) are important and can be found in foods like whole wheat cereals, breads, and pasta and should be incorporated into the diet
- Drink plenty of caffeine free fluids to keep hydrated
- The physician will direct you on how to incorporate more sodium depending upon lab results
- For more information on sodium and fluid intake contact the Dietitian

**Avoid the following:**

- All fruit juices and other sugary drinks. Even 100% juice offers little nutritional benefit and can increase stool/ostomy output.
- Avoid other sources of simple sugars such as jams, jellies, snack cakes, fruit roll-ups, and candies

**Patients that have hirschsprung's disease who recently had ostomy takedown:**

- Nutrition needs after ostomy takedown depend on the age of the patient.
- In general, the goal is to avoid constipation and incorporate high fiber foods into the diet.
- If the patient is 12 months of age or younger, follow the dietary recommendations listed for patients who have surgery soon after birth.
- If the patient is 1 year or older, foods listed below can be offered to increase insoluble fiber into the diet.

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|------------------|-------------------|----------------------|
| ▪ Cauliflower    | ▪ Graham crackers | ▪ Bulgar             |
| ▪ Spinach, raw   | ▪ Lima beans      | ▪ Popcorn            |
| ▪ Cabbage, green | ▪ Kidney beans    | ▪ Corn tortillas     |
| ▪ Kernal Corn    | ▪ Strawberries    | ▪ Whole wheat breads |



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- Broccoli, raw
- Blackberries
- Carrots
- Cucumbers
- Tomatoes
- Green Peas
- Baked potato with skin
- Green beans
- Split peas
- Guava
- Kiwi
- Sweet Potatoes
- Parsnips
- Chunky peanut butter
- Blueberries
- Cranberries
- Cherries
- Dates
- Prunes
- Prune juice
- Raisins
- Melons
- Pears
- Lentils
- Grapes
- Raspberries
- Blackberries
- Whole wheat pastas
- Wheat cereals: Raisin Bran, Bran flakes
- Whole wheat pita
- Barley
- Rye bread
- Almonds
- Sesame seeds
- Brazil nuts
- Chick peas
- Fresh pineapple
- Green/ red peppers
- Mushrooms
- Northern Beans

## Contact the Colorectal Center at Cincinnati Children's

For more information or to request an appointment for the Colorectal Center at Cincinnati Children's Hospital Medical Center, please [contact us](#).