

Constipating Diet

Children with a tendency towards diarrhea need a diet and medications that will slow down the colon. Foods that further loosen the bowel movements are eliminated to help the colon move more slowly. The diet is very restrictive in the beginning, and as the diarrhea is controlled, more foods can be added to your child's diet. Anti-diarrheal medications are commonly used as well.

This type of diet is made up of foods to reduce the amount of stool in the lower bowel. Not everyone has the same reaction to the same foods, so learning to identify the foods that control your child's diarrhea best will be important. Using the Foods Recommended List should help you increase the variety of tolerated foods in your child's diet more quickly. Continue to give your child a multivitamin with mineral and calcium supplement each day.

Phase I Diet: Use to Constipate Your Child

Food Groups	Food Recommended	Food to Avoid
Milk and Milk Products	Plain rice milk	All others
Vegetables	None	All
Fruits	Applesauce, apples without skin, bananas	All others
Starches, Bread and Grain	Bread, crackers and cereals made from refined flours, pasta and noodles made from white flours, white rice, pretzels, white potatoes without skin, dry cereals such as: Rice Krispies, Rice or Corn Chex, Corn Flakes, Kixx.	All others
Meat or Meat Substitutes	Baked, broiled, boiled or grilled meat, poultry or fish, lean deli meats such as ham and turkey and eggs (boiled, scrambled or fried with allowed fats listed below).	All others

Fats and Oils	Limit amounts of butter, margarine and oils in food preparation during this phase, non-stick spray and non-fat butter sprays are allowed.	All others
Sweets and Desserts	Sugar free gelatin or popsicles, Rice Dream Frozen Dessert, sugar free jelly and syrup, marshmallows, angel food cake and vanilla wafers.	All others
Beverages	Water, Gatorade, Propel, Sugar Free Crystal Lite and Sugar Free Kool-Aid	All others

Some additional tips when beginning to add foods into your child's diet

- Avoid extremely hot or cold foods. Foods served warm or at room temperature may be better tolerated.
- All vegetables should be well cooked
- Avoid raw fruits and vegetables
- Avoid foods and things that may produce gas or cause cramps, such as carbonated drinks, chewing gum, beans, cabbage, highly spiced foods, and swallowing air while talking and eating, or using a straw.

Phase II Diet: Use to Increase Variety in Diet

Food Groups	Foods Recommended	Foods to Avoid
Milk and Milk Products	All milk products-limited to 2 - 8oz servings per day, Rice Milk, Soy Milk	Ice cream with nuts, cheese with nuts or seeds
Vegetables: Cooked only--3 or more servings per	Vegetable juice without pulp, soft cooked vegetables: yellow squash without seeds, green beans, wax beans, spinach,	Vegetable juices with pulp, raw vegetables, cooked vegetables not on the

day	pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	recommended list
Fruits 2 or more servings per day	Applesauce, apples without skin, bananas, fruit juice without pulp, melons, canned fruit except pineapple	Fruit juice with pulp, canned pineapple, fresh fruit other than those on the recommended list, prunes, prune juice, dried fruit, jam, marmalade
Starches, Bread and Grain 4 or more servings per day	Bread, crackers and cereals made from refined flours, pasta and noodles made from white flours, white rice, pretzels, white potatoes without skin, white rice, dry cereals such as: Rice Krispies, Rice or Corn Chex, Corn Flakes, Kixx.	Whole-grain breads, whole grain cereals, brown and wild rice, whole grain pasta, bran cereal, oatmeal
Meat or Meat Substitutes 5 to 6 oz per day	Meat, poultry, eggs, seafood. Baked, broiled, grilled or boiled are preferred methods of cooking	Chunky peanut butter, nuts, dried beans and peas, fried and greasy meats, salami and cold cuts, hot dogs, meat substitutes
Fats and Oils	All oils, margarine, butter, mayonnaise, salad dressings that do not contain foods from the Avoid List	Coconut, nuts, seeds
Sweets and Desserts	Jelly, Rice Dream Frozen Dessert, sugar, marshmallows, angel food cake	Desserts containing nuts, coconut, whole grains or dried fruits, jams and preserves
Miscellaneous	Salt, sugar, ground or flaked herbs and spices, vinegar, ketchup, mustard and soy sauce	Popcorn, pickles, horseradish, relish, jams and preserves

Meal	Day 1	Day 2
Breakfast	<ul style="list-style-type: none"> · Waffle with small amount of sugar free syrup · Soft boiled egg · Banana · Plain rice milk 	<ul style="list-style-type: none"> · Plain bagel with sugar free jelly · Scrambled eggs · Banana · Plain rice milk
Lunch	<ul style="list-style-type: none"> · Deli sliced turkey · White Bread · Applesauce · Pretzels · Water 	<ul style="list-style-type: none"> · Plain hamburger · White hamburger bun · Applesauce · Peeled, baked potato wedges · Water
Dinner	<ul style="list-style-type: none"> · Baked chicken · Ramen Noodles · Peeled apple slices · Angel food cake · Plain rice milk 	<ul style="list-style-type: none"> · Baked fish · White Rice · Peeled apple slices · Vanilla Wafers · Plain rice milk

Phase I Sample Menus

Once your child has been without accidents for 24-48 hours you can begin to liberalize the diet. Choose single ingredient foods and introduce one new food every 2-3 days and observe the effect on colonic activity. If your child soils after eating a newly introduced food, eliminate that food from the diet. Continue to try other new foods, observing the effect on your child. The most liberal diet possible is the goal.

Phase II Diet: Adding Fats

Meal	Day 1	Day 2
Breakfast	<ul style="list-style-type: none"> Pancake with small amount of sugar free syrup and butter Scrambled eggs Applesauce Plain rice milk 	<ul style="list-style-type: none"> English muffin with small amount of cream cheese Poached egg Applesauce Plain rice milk
Lunch	<ul style="list-style-type: none"> Deli sliced turkey White Bread Butter Banana Pretzels Plain rice milk 	<ul style="list-style-type: none"> Deli slice roast beef Plain bagel Cream cheese Banana Saltine crackers Plain rice milk
Dinner	<ul style="list-style-type: none"> Roast Beef Buttered noodles Peeled apple slices Angel food cake Plain rice milk 	<ul style="list-style-type: none"> Baked Chicken Boiled potatoes with cream cheese Peeled apple slices Vanilla wafers Plain rice milk

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](#).