

FOOD GROUPS	FOODS ALLOWED	FOODS WHICH MAY BE TOLERATED POORLY
Beverages	Coffee, tea, decaffeinated beverages, cereal beverages, milk and milk beverages, cocoa, juices and carbonated beverages	None
Breads	White, whole wheat, rye breads; plain crackers, rolls, biscuits and muffins	Coarse whole grain breads with seeds, nuts or raisins; seasoned crackers with seeds or spices
Cereals	Any cooked or prepared dry cereal made from corn, rice or refined wheat; whole grain or bran cereals, if prescribed by the physician	Coarse cereals such as shredded wheat, grapenuts and granola
Desserts	Plain cakes, cookies, puddings, custards, ice cream and sherbets, gelatin desserts, pastries and pies made from allowed foods.	Any desserts containing nuts or coconut; fruits with seeds
Fats	Butter, margarine, cream, shortening and oils, crisp bacon, mildly seasoned salad dressings and gravy	Fried foods, nuts, olives and highly seasoned salad dressings
Fruits	Canned or cooked fruits or juice without seeds or tough skins; fresh banana, citrus fruits without membrane, melon and avocado	Any other raw fruits; berries, figs and dates
Meats and Meat Alternatives	Tender beef, lamb, veal, liver, chicken, turkey, crisp bacon, ham and pork; eggs; cottage cheese, cream cheese and mild flavored cheese	Any fried meats, fish or eggs; spiced / pickled meats or fish; frankfurters, luncheon meats and strongly flavored cheese
Potatoes and Substitutes	White and sweet potatoes, noodles, rice, macaroni and spaghetti	Fried potatoes, potato chips and french fries
Soups	Broth base and cream soups made from allowed foods	Fatty or highly seasoned soups
Sweets	Sugars, syrup, honey, jelly, plain sugar and plain chocolate candy	Jam, marmalade, candies with fruit, nuts, seeds or coconut
Vegetables	All vegetable juices; cooked vegetables such as asparagus, beets, carrots, green and wax beans, peas, squash, spinach, tomatoes, pureed corn and mushrooms; raw lettuce	Other raw vegetables; dried beans, whole kernel corn, lima beans and gas-forming vegetables such as broccoli, cauliflower, cabbage and brussel sprouts.
Miscellaneous	Salt, any ground seasoning in moderate amounts, vinegar, chocolate, smooth peanut butter, mild flavorings, cream sauces, catsup and mustard	Excessive use of spices, herbs or onion; garlic, seed spices, pickles, relishes, horseradish, nuts, seeds, popcorn, coconut, chili sauce.

**For More Information:**

- Contact a registered dietitian or call Sparrow Hospital's Food and Nutrition Department at (517) 364-2456.
- Contact the American Dietetic Association Consumer Nutrition Hot Line at (800) 366-1655 or on the World Wide Web at <http://www.eatright.org>.
- Check out our website at <http://www.sparrow.org/appetite>