

Feed progression in children with intestinal failure: Stage 1 food selection

Reviewed by SickKids Hospital Staff | Last updated: January 16th 2023

*NOTE: All food choices should be age appropriate. Consult your child’s dietitian for further details.

	CHOOSE <i>All foods with NO added sugars or sweeteners</i>	AVOID
Grain Products	<p><i>All white, low-fibre grains</i></p> <ul style="list-style-type: none"> • Infant cereals (rice, oats) • Oatmeal • Rice puree/congee (thin) • White pasta (thin pasta only, such as pastina) • Cream of wheat/semolina (made with water) 	<p><i>All whole grain products</i></p> <ul style="list-style-type: none"> • Wild or brown rice • Whole wheat pasta • Whole wheat cereals and grains • High-sugar grains and cereals • Popcorn • Cheerios, Rice Krispies, crackers • Barley • Bread • Couscous
Meat and Alternatives	<p><i>Offer cooked & tender</i></p> <ul style="list-style-type: none"> • Beef • Chicken • Lamb • Turkey • Pork • Yellow/green split peas • Red lentils • Egg yolk (well cooked) 	<ul style="list-style-type: none"> • Deep-fried/battered meats and alternatives • Nuts and seeds • Nut butters, seed butters, tahini • Chickpeas, hummus • Beans • Lentils (except those on choose list) • Baked beans, pork beans • Tofu/tempeh

	CHOOSE <i>All foods with NO added sugars or sweeteners</i>	AVOID
Milk and Alternatives	<p><i>Offer cooked & soft</i></p> <ul style="list-style-type: none"> • Potatoes • Green beans • Green peas • Wax beans • Unripe/green bananas (cooked) 	<ul style="list-style-type: none"> • Cow's milk • Chocolate milk • Cottage cheese • Cheese • Plain or sweetened milk alternatives (soy, coconut, almond, etc.) • Plain or sweetened yogurt
Others	<ul style="list-style-type: none"> • Butter or non-hydrogenated margarine • Oils (olive, grapeseed, avocado, flax, walnut, hemp) 	<ul style="list-style-type: none"> • Candy, chocolate • Maple syrup, honey, sugar • Caffeinated beverages • Soft drinks, juice • High-sugar sweets, pastries • Sweetened condiments (e.g., Ketchup, sweet relish, teriyaki)