

Feed progression in children with intestinal failure: Stage 2 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/congee • White pasta/couscous • Cream of wheat/semolina • White bread • Cheerios, Rice Krispies, crackers • Plain baby mum-mum/puffs, unsalted saltine crackers • Barley • Polenta 	<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
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/whites* (well cooked) • Chickpeas (no skin), hummus • Fish (no shellfish, no bones) * 	<ul style="list-style-type: none"> • Deep-fried/battered meats and alternatives • Nuts and seeds • Beans • Lentils (except those on choose list) • Baked beans, pork beans • Tofu/tempeh

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Meat and Alternatives	<ul style="list-style-type: none"> • Nut butters, seed butters, tahini (no sugar, smooth, natural, dry roasted) * 	
Vegetables and Fruits	<p><i>Offer cooked & soft</i></p> <ul style="list-style-type: none"> • Potatoes • Green beans • Cauliflower • Green peas • Parsnip • Wax beans • Okra • Unripe/green bananas (cooked) • Eggplant (no skin) • Spinach • Asparagus (tips only) • Broccoli 	<ul style="list-style-type: none"> • All fruits • Tomatoes/tomato sauce • Carrots • All squash, including pumpkins • Zucchini • Cucumbers • Yams/sweet potatoes • Pickles • Onions and garlic • Avocado
Milk and Alternatives		<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 and non-hydrogenated margarine 	<ul style="list-style-type: none"> • Candy, chocolate • Maple syrup, honey, sugar • Caffeinated beverages • Pop, juice • High-sugar sweets, pastries

	CHOOSE <i>All foods with NO added sugars or sweeteners</i>	AVOID
Others	<ul style="list-style-type: none"> Oils (olive, grapeseed, avocado, flax, walnut, hemp) 	<ul style="list-style-type: none"> Sweetened condiments (e.g. ketchup, sweet relish, teriyaki)