

# Feed progression in children with intestinal failure: Stage 3 food selection

Reviewed by SickKids Hospital Staff | Last updated: January 16<sup>th</sup> 2023

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

	<b>CHOOSE</b> <i>All foods with NO added sugars or sweeteners</i>	<b>AVOID</b>
<b>Grain Products</b>	<p><i>All white, low-fibre grains</i></p> <ul style="list-style-type: none"> <li>• Infant cereals (rice, oats)</li> <li>• Oatmeal</li> <li>• Rice/congee</li> <li>• White pasta/couscous</li> <li>• Cream of wheat/semolina</li> <li>• White bread</li> <li>• Barley</li> <li>• Polenta</li> <li>• Cheerios, Rice Krispies, crackers</li> </ul>	<p><i>All whole grain products</i></p> <ul style="list-style-type: none"> <li>• Wild or brown rice</li> <li>• Whole wheat pasta</li> <li>• Whole wheat cereals and grains</li> <li>• High-sugar grains and cereals</li> <li>• Popcorn</li> </ul>
<b>Meat and Alternatives</b>	<p><i>Offer cooked &amp; tender</i></p> <ul style="list-style-type: none"> <li>• Beef, chicken, lamb, turkey, pork</li> <li>• Yellow/green split peas</li> <li>• Chickpeas, hummus</li> <li>• Egg yolk/whites* (well cooked)</li> <li>• Fish (no shellfish, no bones) *</li> <li>• Nut butters, seed butters, tahini (natural, no sugar added) *</li> <li>• Tofu/tempeh</li> </ul>	<ul style="list-style-type: none"> <li>• Deep-fried/battered meats and alternatives</li> <li>• Nuts and seeds</li> <li>• Sweetened baked beans</li> </ul>

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<b>Meat and Alternatives</b>	<ul style="list-style-type: none"> <li>• Tofu/tempeh</li> <li>• Lentils, beans, baked beans</li> </ul>	
<b>Vegetables and Fruits</b>	<p><i>Offer cooked &amp; soft</i></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Cauliflower</li> <li>• Green beans</li> <li>• Parsnip</li> <li>• Green peas</li> <li>• Okra</li> <li>• Wax beans</li> <li>• Spinach</li> <li>• Unripe/green bananas (cooked)</li> <li>• Eggplant (no skin)</li> <li>• Broccoli</li> <li>• Asparagus (tips only)</li> <li>• Zucchini</li> <li>• Spaghetti squash</li> <li>• Tomatoes (no skin)</li> <li>• Cucumbers (no skin, raw)</li> </ul>	<ul style="list-style-type: none"> <li>• All fruits (except those on choose list)</li> <li>• Onions and garlic</li> <li>• Pickles</li> <li>• Squash (except those on choose list)</li> </ul>
<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>• Hard cheeses</li> </ul>	<ul style="list-style-type: none"> <li>• Cow's milk, chocolate milk</li> <li>• Cottage cheese</li> <li>• Cheese (except hard cheeses)</li> <li>• Plain or sweetened milk alternatives (soy, coconut, almond, etc.)</li> <li>• Plain or sweetened yogurt</li> </ul>

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<b>Others</b>	<ul style="list-style-type: none"> <li>• Butter or margarine</li> <li>• Oils (olive, grapeseed, avocado, flax, walnut, hemp)</li> </ul>	<ul style="list-style-type: none"> <li>• Candy, chocolate, syrups, honey</li> <li>• Caffeinated beverages</li> <li>• Pop, juice</li> <li>• High-sugar sweets, pastries</li> <li>• Sweetened condiments (e.g., Ketchup, sweet relish, teriyaki)</li> </ul>