

## If you have a malabsorption syndrome

This handout from your doctor offers a brief list of foods to choose or avoid for some of the more common malabsorption syndromes. In addition, there's a reminder of questions to ask your pharmacist every time you fill a prescription for a new medication.

### Celiac sprue

#### *Top offenders*

- Any wheat, rye, or oat bread
- Beer, ale, gin, whiskey, bourbon
- Biscuits, muffins, waffles
- Canned soups
- Cereal (wheat, barley, oats)
- Cookies
- Crackers
- Packaged rice and noodle mixes
- Pasta, macaroni
- Seasoning mixes

#### *Safe foods*

- Cornmeal
- Cream of Rice, Rice Bran, grits
- Eggs, plain meats
- Fruits
- Potato starches
- Rice cakes
- Rice Krispies, Corn Pops, Frosted Flakes, Rice or Corn Chex
- Rice pasta, rice noodles
- Vegetables

### Lactose restriction

#### *Top offenders*

- Cheese
- Ice cream
- Milk
- Processed lunch meats
- Yogurt (except as in "safe foods" list)

#### *Safe foods*

- Lactaid or soy milk
- Lunch meats marked "parve" or "pareve" (Kosher)
- Soy cheese
- Soy yogurt, yogurt with cultures added (may need to be avoided by people who are sensitive)
- Tofutti frozen dessert, Rice Dream beverage

#### *Helpful foods that bind*

- Applesauce; grated, skinless apple
- Apricot nectar
- Avocado
- Banana, fresh or flakes (not chips)
- Boiled or steamed rice
- Canned apricots
- Mashed potato
- Oatmeal, oat bran
- Peanut butter (smooth)
- Pectin (1 tablespoon of Sure Jel or Certo added to ¼ cup juice 20 minutes before a meal)

## If you have a malabsorption syndrome *Continued*

### Fat malabsorption

#### *Top offenders*

- Butter, margarine, mayonnaise, or oil in amounts greater than 4 teaspoons per day
- Chocolate
- Fried foods
- Ice cream
- Milk other than skim
- Nuts or nut butters
- Potato chips and most other chips
- Processed lunch meats
- Quick breads, muffins, pancakes, French toast, doughnuts
- Regular cookies, cakes, pies

#### *Safe foods*

- Angel food cake
- Bagels, breads, English muffins
- Baked tortilla chips
- Fat-free baked products
- Low-fat cereals without nuts
- Skim milk

#### *Foods that often cause diarrhea*

- Caffeine (coffee, tea, cocoa, chocolate, cola drinks)
- Chocolate
- Cooked dried beans
- Fatty meats, fried foods, other fatty foods

- Fruit juice, especially apple
- Licorice (black)
- Piping-hot beverages
- Prunes, prune juice, figs

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Most people who can't absorb fat can safely eat 4 servings of fat a day.

#### *Serving examples*

- 1 serving = 1 teaspoon butter or margarine or oil or mayonnaise
- 2 teaspoons peanut butter
- 1 tablespoon diet margarine or salad dressing
- 2 tablespoons reduced-calorie salad dressing

### What to ask your pharmacist about all medications you take

- Do any of my prescription medications contain \_\_\_\_\_? (insert the name of whatever you can't eat—lactose, gluten, etc.)
- How about the nonprescription drugs that I often take?
- Could any of my medications interfere with food absorption?
- Should I take my medications with food?
- Should I take my medications a specific length of time before or after meals?