

Feed progression in children with intestinal failure: Stage 4 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 • 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 • Chickpeas, hummus • Egg yolk/whites* (well cooked) • Fish (no shellfish, no bones) * • Nut butters, seed butters, tahini (no sugar, smooth, natural, dry roasted) * • Tofu/tempeh 	<ul style="list-style-type: none"> • Sweetened baked beans

	<p style="text-align: center;">CHOOSE</p> <p style="text-align: center;"><i>All foods with NO added sugars or sweeteners</i></p>	<p style="text-align: center;">AVOID</p>
<p style="text-align: center;">Meat and Alternatives</p>	<ul style="list-style-type: none"> ● Lentils, beans, baked beans ● Lentils, beans, baked beans ● Nuts and seeds (dry roasted) * ● Deep-fried/battered meats and alternatives 	
<p style="text-align: center;">Vegetables and Fruits</p>	<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 ● Spaghetti squash ● Zucchini ● Tomatoes (no skin) ● Avocado ● Cucumbers (no skin, raw) ● Yams/sweet potatoes ● Carrots ● Pumpkin ● Butternut or acorn squash 	<ul style="list-style-type: none"> ● All fruits (except those on choose list) ● Onions and garlic

	CHOOSE <i>All foods with NO added sugars or sweeteners</i>	AVOID
Vegetables and Fruits	<ul style="list-style-type: none"> ● Green plantain ● Pickles ● Unsweetened tomato sauce 	
Milk and Alternatives	<ul style="list-style-type: none"> ● Cheese (soft or hard) ● Plain or unsweetened yogurts ● Plain or unsweetened milk alternatives (soy, coconut, almond, etc.)* ● Cow's milk* ● Cottage cheese ● Cream cheese ● Sour cream 	<ul style="list-style-type: none"> ● Chocolate milk ● Sweetened milk alternatives (soy, coconut, almond, etc.) ● 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)