

肠胃温和饮食

GI Gentle Diet (Chinese)

什么是肠胃温和饮食？ What is a GI gentle diet?

肠胃（GI）症状的严重程度因人而异，这些症状包括恶心、烧心、胃痛、早饱感（未吃完就觉得饱了）和消化不良。吃什么以及怎么吃都会影响症状。**肠胃温和饮食**是通过注意脂肪和纤维摄入量、餐食份量和进食时间，来缓解常见消化道症状的一种饮食方案。The severity of gastrointestinal (GI) symptoms – like nausea, heartburn, stomach pain, early satiety (feeling full before you eat a full meal), and indigestion – varies from person to person. What you eat and how you eat can influence your symptoms. A **GI gentle diet** is a plan that helps reduce common GI symptoms. It includes paying attention to how much fat and fiber you eat, as well as your meal sizes and timing.

本手册为您提供了多种饮食调整建议，以帮助控制症状并确保身体所需营养的摄入。请记住，您的症状可能会每周甚至每天都有所不同。在症状“发作”期间，您可能会有段时间只能进食流质。重要的是，在任何时候都要根据自己身体的实际需求，找到最适合自己的方法。This handout provides different diet changes you can make to help manage your symptoms and make sure you are receiving all the nutrients your body needs. Keep in mind your symptoms may be different from week-to-week, or even day-to-day. During a “flare up” of symptoms, you may experience a period of time where all you can take is liquids. It is important to find what works best for you, based on your body’s needs at any one time.

肠胃温和饮食的一般营养建议有哪些？ What are the general nutrition recommendations for a GI gentle diet?

✓ 注意食物份量。 Pay attention to your portion sizes.

- 避免吃大餐，因为大餐需要更长时间才能从胃中排空，可加重您的症状。

Avoid eating large meals, as they will take longer to empty from your stomach and can increase your symptoms.

- 根据餐食份量大小和卡路里需求，您可能需要每天吃 4-5 顿小餐。一顿小餐大约是 **1-1.5 杯** 食物（可能需要根据自己具体耐受情况调整餐量和时间）。少吃多餐可以让您感觉更好，也能帮助您在一天中获得足够的营养。

Based on your portion sizes and calorie needs, you may need to eat 4-5 smaller meals per day. A small meal is about **1-1½ cups** of food (you may need to adjust the size of the meal and timing based on your specific tolerance). Eating smaller, more frequent meals can help you feel better and also help you get enough nutrients throughout the day.

- 避免不停地吃零食（“放牧式饮食”），给自己留出时间消化食物。整天吃零食可导致饮食过量和食欲降低。尝试将正餐和零食间隔至少 3 小时。

Avoid constantly snacking (“grazing”), and give yourself time to digest your food. Grazing all day can lead to overeating and reduce your appetite. Try spacing meals and snacks out by at least 3 hours.

✓ 根据需要考虑流质餐食。 Consider liquid meals as needed.

- 当固体食物消化不良时，可能需要改为全流食或大部分流食。可以尝试口服补充剂、自制奶昔和思慕雪、蛋白粉、果汁、汤、高汤、冰棒、牛奶和植物

奶、泥状食物（搅拌成液状）、袋装食品、布丁和酸奶。When solid foods are not going well, it may be necessary to change to an all liquid or mostly liquid diet. You can try oral supplements, homemade shakes and smoothies, protein powders, fruit juices, soups, broths, popsicles, milk and plant-based milks, pureed food (blended into liquid form), food pouches, pudding, and yogurt.

- 口服补充剂包括 BOOST® Simply Complete、Ensure®

Original、Plus 或 Clear、Orgain®和 Carnation Breakfast

Essentials®。Some examples of oral supplements include

BOOST® Simply Complete, Ensure® Original, Plus, or Clear, Orgain®, and Carnation Breakfast Essentials®.

- 大多数食物可以用搅拌机打成糊状。这样食物会更软，更容易消化。您可以
用牛奶等液体稀释像土豆泥和 Cream of Wheat®麦片或 Cream of Rice®
米粉这样的食物。Most foods can be pureed in a blender. This will
make it softer and easier to digest. You can thin out foods like
mashed potatoes and Cream of Wheat® or Cream of Rice® with
liquids like milk.
- 您可能会发现，自己的身体在一天的早些时候更能耐受固体食物。如果是这
样，尝试在一天的晚些时候吃软食、奶昔或思慕雪。You may find that
your body tolerates solid foods better earlier in the day. If so, try
having soft foods or a shake or smoothie later in the day.
 - 不过，如果一大早就感到恶心，您可能会发现流食或软食更适合开始
新的一天。However, if you experience nausea early in the day,
you may find that liquids or soft foods work best to get your
day started.

✓ **在饮食中适量摄入脂肪。 Include fat in moderation in your diet.**

- 高脂肪餐的排空时间比低脂肪餐长，可能会加重您的症状。 High-fat meals take longer to empty from the stomach than low-fat meals, and it may make your symptoms worse.
- 重要提示：低脂饮食并不意味着您需要吃无脂饮食。一般来说，我们的身体每天可以很好地耐受 40-50 克脂肪。像所有指南一样，这因人而异。

Important: A lower fat diet does not mean you need to eat a fat-free diet. In general, our bodies can tolerate 40-50 grams of fat per day fairly well. Like all guidelines, this varies from person to person.

- 良好的脂肪来源包括橄榄油、Earth Balance®、奶油坚果和种子黄油、牛油果、全蛋、含丰富脂肪的鱼和全脂乳制品。 Good fat sources include olive oil, Earth Balance®, creamy nut and seed butters, avocado, whole eggs, fatty fish, and full fat dairy products.
- 含脂肪的液体饮料比固体脂肪更容易被人体耐受。2%或全脂牛奶、豆奶、燕麦奶或口服补充剂就是很好的例子。 Liquid beverages with fat are easier for your body to tolerate than solid fats. Some good examples are 2% or whole milk, soy milk, oat milk, or oral supplements.
- 避免油炸食品和高脂肪肉类，如培根、热狗、萨拉米香肠、博洛尼亚香肠和腊肠。 Avoid fried foods and high-fat meats such as bacon, hot dogs, salami, bologna, and sausage.

- 将脂肪摄入量分散到一整天，每餐和零食中均摄入少量脂肪。 Spread your fat intake throughout the day by having a small amount at all meals and snacks.

✓ **减少高纤维食物（视需要而定）。** Reduce high-fiber foods (as needed).

- 高纤维食物会增加胃排空的时间。 High-fiber foods can increase the time it takes to empty the stomach.
- 豆类、豌豆、全谷物、水果、蔬菜、坚果和种子都含有纤维。 Fiber is found in beans and peas, whole grains, fruits, vegetables, nuts, and seeds.
- 为了让水果和蔬菜更容易消化，您可以： To make fruits and vegetables easier to tolerate, you can:
 - 去掉厚皮 Peel off thick skins
 - 烹饪蔬菜（如果需要的话，水果也可以）至变软，到叉子能轻松穿透的程度。越软就越容易消化。 Cook vegetables (and fruit, if needed) until they are fork tender (soft enough for a fork to easily slice through them). The softer they are, the easier it will be to digest them.
 - 尝试罐装蔬菜和水果，以及水果和蔬菜挤压袋。 Try canned vegetables and fruits, along with fruit and vegetable squeeze pouches.
 - 每餐或零食将水果和蔬菜限制在半杯（可根据身体的耐受情况增加份量）。 Limit fruit and vegetables to ½ cup per meal or snack (you can increase this portion as your body tolerates it).

- 将水果和蔬菜搅拌混合成思慕雪。 Blend fruits and vegetables into a smoothie.
- 选择奶油坚果黄油，而不是脆性坚果黄油。 Select creamy nut butters instead of crunchy.
- 选择更容易消化的全谷物，如速食燕麦和 Cheerios™（而不是钢切燕麦或 Kashi®谷物）。 Choose whole grains that are easier to digest, like instant oats and Cheerios™ (instead of steel-cut oats or Kashi® cereal).

✓ **首先吃营养丰富的食物。 Fill up on nutritious foods first.**

- 先吃营养价值高的食物，然后再吃如糖果、汽水、薯片等。 Eat foods with good nutritional value first before filling up on things like candy, soda, chips, etc.
- 均衡的饮食应包括碳水化合物、蛋白质和少量健康脂肪。本手册后面列出了各种食物的示例。 For a well-balanced meal, include a carbohydrate, a protein, and a small amount of healthy fat. Examples of each type of food are listed later in this handout.

✓ **充分咀嚼食物。 Chew your food well.**

- 消化始于口腔。充分咀嚼食物可以减少胃的工作量。 Digestion starts in the mouth. Chewing your food well reduces the amount of work your stomach has to do.

✓ **保持水分充足。 Stay hydrated.**

- 白天饮用足够的液体以满足您的水分需求。如果有呕吐，可喝 Pedialyte®、DripDrop®、Liquid I.V.®或 Gatorade®来补充体内的电

解质。Drink enough fluids during the day to meet your hydration needs. If you've been vomiting, sip on Pedialyte®, DripDrop®, Liquid I.V.®, or Gatorade® to replace electrolytes in your body.

- 用餐时不要喝太多，否则会让胃过快饱胀。用餐时限制喝半杯（4 盎司）的液体，用完餐后等待 30 分钟再喝。Don't drink too much during a meal, as this may fill up your stomach too quickly. Limit yourself to ½ cup (4 ounces) of fluids with meals, and then wait 30 minutes after eating before you continue drinking.

有哪些生活方式和厨房小贴士可以支持肠胃温和饮食？

What are some lifestyle and kitchen tips to support a GI gentle diet?

- 搅拌机和慢炖锅是厨房中的实用工具，可以用来制作肠胃温和餐食，例如汤、奶昔、思慕雪、嫩煮的肉类、水果和蔬菜。A blender and crockpot are helpful kitchen appliances you can use to make GI gentle meals, such as soups, shakes, smoothies, tender-cooked meats, fruits, and vegetables.
- 必要时，使用量杯来帮助测量份量。Use measuring cups to help you measure portion sizes if needed.
- 根据需要在饮食中使用口服补充剂或自制奶昔，以减少症状并获得足够的卡路里。Use oral supplements or homemade shakes in your diet as needed to reduce your symptoms and get enough calories.
- 尝试在饮食中使用生姜来帮助缓解恶心。可使用包括生姜茶、生姜糖（如 Gin-Gins®）、思慕雪加入新鲜生姜，或用生姜粉或新鲜生姜烹饪。Try using ginger in your diet to help with nausea. This may include ginger tea, ginger chews (like Gin-Gins®), fresh ginger added to smoothies, or cooking with powdered or fresh ginger.

- 进食后 3 小时内避免躺下。重力有助于胃排空，因此我们建议在吃完后坐着或站着。 Avoid laying down for 3 hours after eating. Gravity helps your stomach empty, so we recommend sitting or standing upright after eating.
- 餐后尝试轻松散步 15-30 分钟，以帮助胃消化。 Try light walking for 15-30 minutes after a meal to help your stomach with digestion.

肠胃温和饮食的食物推荐有哪些？

What are some food recommendations for a GI gentle diet?

推荐的谷类和淀粉类 Recommended grains and starches

- **面包：**白面包和“轻”全麦面包（不含坚果、种子等）、法式和意大利面包、百吉饼（原味）、英式松饼、普通面包卷、皮塔饼、玉米饼（面粉或玉米）、煎饼、华夫饼、印度烤饼和扁面包 **Breads:** White bread and “light” whole wheat bread (no nuts, seeds, etc.), French and Italian bread, bagels (plain), English muffins, plain rolls, pita bread, tortillas (flour or corn), pancakes, waffles, naan, and flat bread
- **谷物麦片：**速食燕麦（原味）、粗玉米粥、Cream of Wheat®麦片、Cream of Rice®米粉、膨化小麦、玉米和米麦片，如 Cheerios™、Kix™、Corn/Rice Chex™、Rice Krispies®、Fruit Loops®、Special K®和 Corn Flakes® **Cereals:** Quick oats (plain), grits, Cream of Wheat®, Cream of Rice®, puffed wheat, corn, and rice cereals like Cheerios™, Kix™, Corn/Rice Chex™, Rice Krispies®, Fruit Loops®, Special K®, and Corn Flakes®

- **谷类和土豆：**白米、意大利面、布格麦（粗麦）、大麦、红薯和白薯（去皮，无皮）、山药（去皮，无皮）、罐装土豆和烤薯条 **Grains and potatoes:** White rice, pasta, bulgur wheat (couscous), barley, sweet and white potatoes (peeled, with no skins), yams (peeled with no skins), canned potatoes, and baked French fries
- **饼干和薯片：**面包棒、全麦饼干、无酵饼、梅尔巴薄脆吐司片、牡蛎饼干、椒盐脆饼、咸味苏打脆饼、梳打饼干、原味薄脆饼干和烤薯片 **Crackers and chips:** Breadsticks, graham crackers, matzoh, melba toast, oyster crackers, pretzels, saltines, soda crackers, water crackers, and baked potato chips

推荐的水果和蔬菜 Recommended fruits and vegetables

所有水果和蔬菜应去掉厚皮。蔬菜应煮至叉子能轻松插入或可捣碎的软度，如有必要可搅碎或过滤。 All fruits and vegetables should have thick skins removed.

Vegetables should be cooked to fork-tender or mashable softness, and blended or strained if necessary.

- **水果：**苹果泥、香蕉、哈密瓜、果泥吸吸乐、蜜瓜、猕猴桃（去皮）、橘子（罐装）、橙子（去皮）、桃子（罐装）、梨（罐装）、滤渣果泥、100%纯果汁和西瓜 **Fruits:** Applesauce, bananas, cantaloupe, fruit squeeze pouches, honeydew melon, kiwi (peeled), mandarin oranges (canned), oranges (peeled), peaches (canned), pears (canned), strained pureed fruits, 100% fruit juices, and watermelon
- **蔬菜：**甜菜根、西兰花（仅绿色顶部，不含茎）、胡萝卜、花椰菜、茄子、蘑菇、菠菜、南瓜、滤渣蔬菜泥、烤红椒、番茄酱、番茄汁、番茄膏或番茄泥、蔬菜汁和西葫芦 **Vegetables:** Beets, broccoli (just the green tops and not the stems),

carrots, cauliflower, eggplant, mushrooms, spinach, squash, strained pureed vegetables, roasted red peppers, tomato sauce, tomato juice, tomato paste or purée, vegetable juice, and zucchini

推荐的蛋白质来源 Recommended protein sources

肉类应煮至嫩滑，必要时可剁碎、撕碎或制成泥。 Meats should be cooked until tender, ground, shredded, or pureed as needed.

- **牛肉：**牛里脊、西冷牛排、臀腿肉（上圆肉或下圆肉）、精瘦牛肉糜（脂肪≤10%）和滤渣肉泥 **Beef:** Tenderloin, sirloin, round (bottom or top), ground lean beef (more than 90% lean), and strained pureed meats
- **猪肉：**猪里脊、猪排（去掉多余脂肪）和慢炖猪肉丝 **Pork:** Tenderloin, pork chops (trim off the extra fat), and shredded crockpot pork
- **家禽（去皮）：**鸡肉、火鸡和火鸡肉糜（脂肪≤10%） **Poultry** (without the skin): Chicken, turkey, and ground turkey (more than 90% lean)
- **鸡蛋：**如果全蛋不适合你，可以尝试脂肪含量较低的蛋白或的鸡蛋替代品 **Eggs:** If whole eggs don't work for you, try egg whites or egg substitutes which are lower in fat
- **野味（无皮）：**鹿肉 **Wild game** (no skin): Venison
- **鱼和贝类（新鲜或冷冻，原味，无面包糠）：**三文鱼、蟹、龙虾、虾、蛤蜊、扇贝、牡蛎和吞拿鱼（水浸） **Fish and shellfish** (fresh or frozen, plain, with no breading): Salmon, crab, lobster, shrimp, clams, scallops, oysters, and tuna (in water)
- **乳制品：**农家奶酪、希腊酸奶、牛奶（如果乳糖不耐受，可使用无乳糖产品）、擦丝帕马森干酪、奶酪（1盎司份）、和开菲尔酸乳酒 **Dairy:** Cottage cheese,

Greek yogurt, milk (if you're lactose intolerant, use lactose-free products), grated parmesan, cheese (1 ounce portion), and kefir

- **植物性蛋白：**豆腐、丝滑坚果或种子酱（花生、杏仁、腰果或葵花籽酱，1-2 汤匙份）、豆奶、豌豆蛋白奶和 PB2®（低脂花生酱粉） **Plant-based protein:** Tofu, smooth nut or seed butters (peanut, almond, cashew, or sunflower butter in 1-2 tablespoon portions), soy milk, pea protein milk, and PB2® (low fat peanut butter powder)
- **蛋白粉：**乳清、蛋白、糙米、豌豆和麻仁 **Protein powders:** Whey, egg white, brown rice, pea, and hemp

推荐的汤和饮料 Recommended soups and drinks

- **汤：**清汤基底、浓缩高汤和滤渣奶油汤（用牛奶或水为基底） **Soups:** Broth-based, bouillon, and strained creamed soups (with milk or water)
- **饮料：**热可可（用水或牛奶制作）、运动饮料如 BodyArmor®或 Gatorade®佳得乐、咖啡和咖啡饮料、茶、100%水果和蔬菜汁、乳制品或植物性奶（杏仁、黄豆、米、豌豆蛋白、腰果）、奶昔、思慕雪和口服补充剂 **Drinks:** Hot cocoa (made with water or milk), sports drinks like BodyArmor® or Gatorade®, coffee and coffee drinks, tea, 100% fruit and vegetable juices, dairy or plant-based milk (almond, soy, rice, pea protein, cashew), shakes, smoothies, and oral supplements

对肠胃友好的饮食模式有哪些？ What are some sample meals for a GI friendly diet?

一天三餐加 1-2 次零食的饮食模式效果很好。下面是一天进食的样本模式，以及不同用餐时间和零食的其他建议。 A meal pattern of 3 meals and 1-2 snacks during the

day works well. A sample meal pattern for one day is below, along with other ideas for different mealtimes and snacks.

一日菜单示例: One Day Sample Menu:

- **早餐:** 鸡蛋白煎蛋卷加菠菜, 1 盎司低脂奶酪, 白吐司配水果果酱, 4 盎司 100%橙汁或 V8 Splash® **Breakfast:** Egg white omelet with spinach, 1 ounce (oz) low-fat cheese, white toast with fruit jam, 4 oz 100% orange juice or V8 Splash®
- **零食:** 苏打脆饼和 1 汤匙奶油花生酱 **Snack:** Saltine crackers and 1 tablespoon creamy peanut butter
- **午餐:** ¾-1 杯匀质浓汤或奶油汤, 半杯罐头水果或苹果泥, 4 盎司水、牛奶或果汁 **Lunch:** ¾-1 cup pureed or creamed soup, ½ cup canned fruit or applesauce, 4 oz water, milk, or juice
- **零食:** 口服补充剂或 6 盎司自制思慕雪或希腊酸奶 **Snack:** Oral supplement or 6 oz homemade smoothie or Greek yogurt
- **晚餐:** 烘烤或烤炙去皮瘦鸡胸肉、土豆泥、熟胡萝卜以及 4 盎司自选饮料 **Dinner:** Baked or broiled lean skinless chicken breast, mashed potatoes, cooked carrots, 4 oz drink of choice

早餐: Breakfasts:

- 2 个鸡蛋 (或仅蛋白) 和白吐司配低糖水果抹酱 2 eggs (or egg whites only) and white toast with low sugar fruit spread
- 煎蛋卷(放 2 个鸡蛋), 配番茄、菠菜和奶酪, 以及土豆丝煎饼或去皮烤土豆 2-egg omelet with tomatoes, spinach, and cheese and hash browns or peeled roasted potatoes

早餐: Breakfasts:

- 麦片 (Rice Krispies®, Corn Flakes®, Corn 或 Rice Chex™或 Cheerios™) 配乳制品、豆奶或杏仁奶和半根到 1 根香蕉 Cereal (Rice Krispies®, Corn Flakes®, Corn or Rice Chex™, or Cheerios™) with dairy, soy, or almond milk and ½-1 banana
- Cream of Wheat® 或者 Rice®麦片米粉, 配 1 茶匙红糖和肉桂, 以及 1 汤匙坚果黄油 Cream of Wheat or Rice® cereal with 1 teaspoon (tsp) brown sugar and cinnamon and 1 tablespoon (tbsp) nut butter
- 烤白面包, 配 1-2 汤匙花生酱或杏仁酱 White bread toasted with 1-2 tbsp peanut or almond butter
- 轻脂或无脂希腊酸奶和半杯蓝莓 Light fat or fat-free Greek yogurt and ½ cup blueberries
- 煎饼或华夫饼配无糖糖浆 Pancakes or waffles with sugar-free syrup
- 法式白面包吐司, 配无糖糖浆 French toast made with white bread with sugar-free syrup
- 用原味希腊酸奶、半根香蕉、半杯冷冻草莓和加水或牛奶制作的思慕雪 Smoothie made with plain Greek yogurt, ½ banana, ½ cup frozen strawberries, and added water or milk

午餐和晚餐: Lunches and Dinners:

- 白面包三明治夹瘦火鸡、硬奶酪、生菜、西红柿和淡蛋黄酱或芥末 Sandwich on white bread with lean turkey, hard cheese, lettuce, tomato, and light mayonnaise or mustard
- 白面包花生酱果冻三明治 Peanut butter and jelly sandwich on white bread

午餐和晚餐: Lunches and Dinners:

- 汤配苏打脆饼 Soup with saltine crackers
- 墨西哥玉米饼配鸡肉、奶酪、莎莎酱和 2 汤匙牛油果 Quesadilla with chicken, cheese, salsa, and 2 tbsp avocado
- 拌沙拉, 春季混合婴儿生菜, 瘦蛋白 (如鸡肉、金枪鱼或豆腐)、去皮黄瓜、西红柿、羊奶酪和调料 Tossed salad with spring mix baby lettuce, lean protein (like chicken, tuna, or tofu), peeled cucumber, tomato, feta, and dressing
- 鸡肉与切碎的熟西葫芦、胡萝卜、红甜椒、西兰花和洋葱翻炒, 配白米饭、酱油和姜末 Chicken sautéed with chopped and well-cooked zucchini, carrots, red bell pepper, broccoli bits, and onion, with white rice, soy sauce, and grated ginger
- 无皮烤鸡胸肉, 半个烤土豆 (无皮), 和半杯煮熟的胡萝卜或蔬菜泥 Baked chicken breast without the skin, ½ baked potato (no skin), and ½ cup cooked carrots or pureed vegetable
- 芝士通心粉, 炒菠菜和半杯水果鸡尾酒 Mac and cheese, sautéed spinach and ½ cup fruit cocktail
- 慢炖猪肉或鸡肉丝, 配半杯红薯 (无皮) Slow cooker pulled pork or shredded chicken and ½ cup sweet potato (no skin)
- 白肉火鸡配低脂肉汁和半杯土豆泥 White meat turkey with low-fat gravy and ½ cup mashed potatoes
- 白意大利面、95%以上瘦牛肉、火鸡或植物性肉碎、红酱汁和帕尔马干酪 White pasta, over 95% lean ground beef, turkey, or plant-based crumbles, red sauce, and parmesan cheese

午餐和晚餐: Lunches and Dinners:

- 烤三文鱼或白鱼配柠檬, 半个烤土豆 (无皮) 或白米饭, 和半杯蒸西兰花 (只要花头 - 避免梗茎) Grilled salmon or white fish with lemon, ½ baked potato (no skin) or white rice, and ½ cup steamed broccoli (tops only - avoid the stems)
- 寿司 (三文鱼、牛油果、吞拿鱼等 - 不含生蔬菜) 和酱油 Sushi (salmon avocado, tuna, etc. - no raw vegetables) and soy sauce

点心: Snacks:

- 香蕉配 1 汤匙花生酱 Banana with 1 tbsp peanut butter
- 轻脂或无脂希腊酸奶 Light or fat-free Greek yogurt
- 1-2 汤匙鹰嘴豆泥配皮塔饼 1-2 tbsp hummus with pita bread
- 低脂茅屋奶酪配罐装桃子或菠萝 (浸水或果汁) Low-fat cottage cheese with canned peaches or pineapple (packed with water or juice)
- 低脂奶酪棒或 1 盎司奶酪片 Low-fat cheese stick or 1 oz slice of cheese
- 无甜味添加苹果酱上撒肉桂 Unsweetened applesauce topped with cinnamon
- 水煮蛋 Hardboiled egg
- 低钠 V8®果汁, Naked®果汁或 Bolthouse Farms™果汁 Low sodium V8® juice, Naked® juice, or Bolthouse Farms™ juice
- 半杯水果, 如哈密瓜、蓝莓、草莓、木瓜、葡萄或去皮的橙子 ½ cup fruit, such as cantaloupe, blueberries, strawberries, papaya, grapes, or well-peeled orange

点心: Snacks:

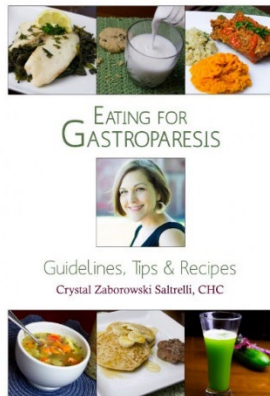
- 烘烤或膨化薯片 Baked or popped potato chips
- 米饼或苏打脆饼配低脂奶酪或花生酱 Rice cakes or saltine crackers with low-fat cheese or peanut butter
- 椒盐脆饼和鹰嘴豆泥或奶油坚果或种子酱 Pretzels and hummus or creamy nut or seed butter
- 布丁杯 Pudding cup
- 1-2 块小饼干 1-2 small cookies
- 干谷物麦片（每份含 3 克纤维或更少） Dry cereal (3 g fiber or less per serving)
- 自制蓝莓或香蕉松饼 Homemade blueberry or banana muffin
- 自制思慕雪 Homemade smoothie
- 蛋白粉与您所选择的奶混合 Protein powder mixed with your milk of choice
- 即饮营养奶昔，如 BOOST®倍力康、Ensure®安素或 Orgain® Ready-to-drink nutritional shakes like BOOST®, Ensure®, or Orgain®

在哪里可以找到有关肠胃温和饮食的更多信息资源？ Where can I find resources for more information on GI gentle diets?

- 在线查看密西根大学胃肠营养师品趣志板，了解推荐的食物和饮品：

pinterest.com/UMGIDietitians/low-fiber-low-residue-products

- Check out the University of Michigan GI Dietitian Pinterest board online for recommended food and drink products:
pinterest.com/UMGIDietitians/low-fiber-low-residue-products
- 查看认证健康教练 Crystal Saltrelli 编写的《胃轻瘫饮食》一书和在线网站，了解胃轻瘫食谱和管理技巧：LivingWellWithGastroparesis.com
- Check out the book “Eating for Gastroparesis” and online website created by Crystal Saltrelli, CHC for recipes and tips for managing gastroparesis:
LivingWellWithGastroparesis.com



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