

DIET ADVICE TO PREVENT ABDOMINAL PAIN

Keeping a diet diary will allow you for identifying food you do not tolerate well and thus reduce or avoid consuming them. Your diet should be varied and complete, including all food groups. Do not have heavy meals; it is better to have five regular meals, at the same time every day: breakfast, mid-morning, lunch, afternoon snack, and dinner. Avoid stress situations: regular practice of sports will help you relieving stress and anxiety. Regulate the type of fibre you tolerate and drink at least 2 litres of water a day, particularly when you take food containing fibre. Do not use tight clothes. Do not smoke. Do not take alcohol drinks, fat meals, alcohol or coffee.

FOOD	RECOMMENDED	CONTROLLED (depending on tolerance)	NOT RECOMMENDED
DAIRY PRODUCTS	Soy milk, almonds, oats. Soy yogurt. Grated dry cheese, Parma type.	Skimmed natural yogurt, with bifidus, lactose-low yogurt, lactose-low milk.	Milk, fresh cheese, dairy desserts. Fatty cheese with >30% of fatty matter.
MEAT/FOWL FISH	Veal and lean ox, chicken, turkey, rabbit and white fish. sole, hake.	Lean pork, blue fish: tuna, sardines, mackerel, etc.	Lamb. Fatty pieces of veal or ox. Canned fish and seafood in sauce.
EGGS	Whole		Fried, stuffed, with sauce, etc.
SAUSAGE	Boiled ham, turkey breast.	Country ham, loin, roast leg (fatless).	All other.
STARCH	Potato, rice, non-stuffed Italian pasta, white bread, flours and semolina.	Cookies and home-made sponge cake.	Bread, toasts, flours and whole- grain cereals and/or with seeds. Pulses. Industrial and diet cakes, buns and cookies.
VEGETABLES AND LEGUMES	Carrot, pumpkin, squash, lettuce.	Leeks and boiled green beans, mushrooms, boiled white asparagus.	Cucumber, raw onion, garlic, spinaches, chards, cabbages, broccoli, cauliflower, peppers. Peels, seeds and stems from all vegetables.
FRUITS	Grated, boiled apple or applesauce. Pear, peach, ripe banana.	Citrus fruits, kiwi, plums, strawberries.	Dried fruits: figs, plums, apricots, etc. Nuts, sunflower seeds, corn nuts.
SUGARS AND SWEETS	Saccharine, aspartame, jam with saccharine.	Sugar, honey, jams and preserves moderately.	Chewing gum, candies, sorbitol, fructose, chocolate. Sweets and buns for diabetics.
OILS AND FATS	Raw: olive and sunflower oil.	Butter, margarine.	Cream, milk cream, ice-creams, fatty sauces, battered and fried food.
SEASONING	Salt and herbs.	Lemon	Vinegar, hot spices, pepper, garlic, broth tablets.
DRINKS	Water, mild infusions. Coffee malt. Vegetable broth.	Fruit juices, decaffeinated coffee and tea.	Sparkling water, alcohol drinks, coffee, laxative infusions, soft drinks, beer, wine. Chicken and meat broths.
COOKING	Boiled, steam, oven, cooked in oiled greaseproof paper or foil, grill, and roast.		Fried food, stews and fatty sauces.

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