

Appendix 6: Reintroduction of Standard Diet after EEN Handout

Reintroducing Food after Exclusive Enteral Nutrition Therapy

After drinking the specialised formula up to 8 weeks, your body should be slowly reintroduced to food again. There is no known food that may cause symptoms or a 'flare' for people with Crohn's disease, but there may be a particular food that does not agree with you.

To slowly get back into the habit of eating, you will reintroduce one meal at a time and slowly build up to your usual eating pattern of regular meals and snacks.

The first foods eaten should be fairly plain and low in fibre. Refer to the first foods (stage 1) section for more detail. Gradually more rich, fatty and spicy foods will be introduced when your diet is more varied.

How much you eat at the first few meals will depend on your appetite and the amount of specialised formula the doctor/dietitian want you to drink while you gradually introduce food again. Therefore each eating plan will be slightly different for individual patients. Your dietitian will tailor the eating plan to your specific needs and requirements.

Enjoy eating again!!!!



Steps to introducing food after your liquid diet

Step 1

Choose a meal (doesn't have to be the same meal each day). Select foods from the First foods (Stage 1) list. Use a small plate the first time but aim for a "normal" sized meal as soon as you can.

Continue to have _____mls/packets of supplement drink per day

Continue this for 3 days, watching for any IBD symptoms

Step 2

Have two meals a day (doesn't have to be the same meals each day). Select foods from the First foods (stage 1) list. Aim for normal sized meals.

Continue to have _____mls/packets of supplement drink per day

Continue this for 3 days, watching for any IBD symptoms

Step 3

Have three meals a day. Select foods from the First foods (stage 1) list. Aim for normal sized meals.

Continue to have _____mls/packets of supplement drink per day

Continue this for 3 days, watching for any IBD symptoms

Step 4

Have three meals a day and add in some snacks. Select foods from the Next Step (Stage 2) list. Aim for normal sized meals.

Continue to have _____mls/packets of supplement drink per day

Continue this for 3 days, watching for any IBD symptoms

If you experience any return of IBD symptoms return to Step 3

Step 5

Continue to eat three meals and snack regularly.

Take _____mls/packets of supplement drinks per day

Try foods from the Try Last (Stage 3) list, you don't have to eat all of them, pick the ones you have missed the most

Some first meal ideas

Pita pizza – pita bread, tomato puree, shaved ham or cooked mince and cheese

Tuna pasta – pasta, tuna tinned in water, white sauce, bread crumbs and cheese

Roast dinner – remove the skin and fatty bits, no stuffing

Chicken nuggets or fish “fingers” – use homemade white bread crumbs or a light tempura style batter, shallow fry

Sandwiches or toast – white or fine wholemeal bread, margarine and fillings (cheese, smooth peanut butter, seedless jams or honey)

Rice bubbles – with milk and smooth yoghurt

Eggs – scrambled, as an omelette, with white or fine wholemeal bread.

Please contact your dietitian _____ with any questions or concerns on
_____ .

Food groups	First foods (Stage 1)	Next step (Stage 2)	Try last (Stage 3)
Bread	White bread, flat bread, pita, rolls or toast, plain English muffins Fine wholemeal bread	Coarse wholemeal bread Wholemeal pita or flat breads	Very fresh bread Wholegrain bread Bread containing dried fruit, whole grains, nuts or seeds
Cereals	Cornflakes, puffed rice White flour, cornflour Pasta or white rice	Porridge, Weet-bix Wholemeal flour Brown rice, couscous	Muesli Bran cereals
Biscuits and cakes	Biscuits, cake, crackers, muffins, pancakes, pikelets, scones or sponge made without coconut, dried fruit, grains, seeds or nuts		Snack bars, biscuits, cake, crackers, muffins and scones containing coconut, dried fruit, grains, seeds or nuts
Fruit	Raw, cooked or tinned, without pips, seeds or skins Fruit juice without pulp Jams or marmalades without seeds or pith	Tinned pineapple	Berries, citrus fruit, fresh pineapple Dried fruit e.g. dates, sultanas and apricots Fruit juice with pulp
Vegetables	Tender vegetables – peeled and cooked e.g. carrot, kumara, parsnip, potato, pumpkin and yam Pureed or creamed vegetable soup Tomato paste or puree	Dahl (not spicy), pureed lentils, hummus Broccoli or cauliflower tops Cabbage, lettuce or silverbeet leaves (no stalks) Courgettes/marrow without skin or seeds, green beans, raw carrots Creamed corn Whole tinned tomatoes with seeds removed	Vegetables with coarse stalks, pips, seeds and skins e.g. corn (including popcorn) cucumber, garlic, onion, peas, raw tomato Baked beans, whole beans and lentils Coleslaw Pickle, relish Chopped chilli, garlic and ginger. Fresh herbs

Food groups	First foods (Stage 1)	Next step (Stage 2)	Try last (Stage 3)
Meat, fish, poultry and eggs	Lean chicken, fish, lamb or minced beef Fish tinned in water Eggs Smooth pate or spread	Pork Skinless sausages Roast meat, steak	Tough gristly or fatty meat Chicken skin Sausage skins
Milk products and cheese	Milk, cheese, cottage cheese, cream cheese, sour cream Plain yoghurt, dairy food	Fruit yoghurt (no seeds)	Cheese with seeds or nuts Yoghurt with bits
Nuts and seeds	Smooth peanut butter	Finely ground nuts Tahini	Pumpkin sesame or sunflower seeds Nuts – whole or chopped Crunchy peanut butter
Dessert	Milk puddings, ice cream, jelly, plain yoghurt		Puddings containing coconut, dried fruit, nuts, pips, seeds and skins
Miscellaneous	Oil, margarine, butter Tomato sauce, soya sauce, gravies Mayonnaise Smooth salad dressings Chocolate (remember it's a treat)	Deep fried foods (except those in Stage 3)	Chunky sauces (ie satay), sauces with chilli flakes (ie chilli sauce) Vinaigrette