

Food Reintroduction



This leaflet has been produced with support from Nestlé Clinical Nutrition
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Following your 8 weeks on enteral nutrition foods should be gradually introduced into your diet. Here are some points to note during food reintroduction.

Points to remember

- Initially one new food should be introduced every two days. (see Section 1)
- After foods in Section 1 have been reintroduced foods can then be reintroduced daily. (see Section 2)
- Initially most of your nutrition will still come from the enteral nutrition.
- Remember the number of foods you can initially have is very limited.
- Once a food has been tested and is tolerated that food can be included in any subsequent meal.
- You should have a medium to large portion of the food you are reintroducing each day.
- No seasoning is to be added to the food.
- Any method of cooking may be used as long as you do not add any other ingredients e.g. boil, roast, steam etc
- If after reintroducing a certain food any of your original symptoms reoccur you should stop eating that food.
- Do not try introducing another food until your symptoms have disappeared. However if symptoms persist contact your dietitian for advice.
- While reintroducing food you will still need to take your feed in the quantities stated below. As the quantity of food is increased the quantity of feed you have to take is reduced accordingly.

Week one made up toml
 Week two made up toml
 Week three made up toml
 Week four made up toml

- For weeks five and beyond you should discuss with your dietitian how much feed you have to continue to take each week, while still reintroducing foods.
- At the end of the food reintroduction programme you may return to a normal diet.

Section one

Foods should be introduced in the following order every two days

- Potatoes/ rice
- Lamb/ chicken
- Pear (fresh pears, tinned pears in natural juice and diluted natural pear juice concentrate)
- Carrots
- Milk
- Eggs
- Yeast (take two Brewers Yeast tablets twice a day or use Marmite as a warm drink or added to food)
- Bread
- Butter/ sunflower oil
- Cheese
- Tomato



Section two

These foods can then be introduced daily. The order of foods on this list may be altered, discuss this with your dietitian.

- Onions
- Pasta
- Peas
- Fish
- Orange/ orange juice
- Nuts
- Pulses
- Herbs and spices
- Corn
- Banana
- Chocolate
- Tea/Coffee
- Apple/ Apple Juice

