

Short Bowel Syndrome Infant Sample Menu (6-11 Months) With Colon

Breakfast

Breastmilk or infant formula
Pureed banana

Snack

Breastmilk or infant formula

Lunch

Fortified infant cereal
Pureed avocado or applesauce
Pureed squash

Snack

Breastmilk or infant formula

Dinner

Fortified infant cereal
Pureed carrots
Pureed peas
Pureed meat (chicken, pork, beef, etc.)

Snack

Breastmilk or infant formula

Short Bowel Syndrome Infant Sample Menu (6-11 Months) Without Colon

Breakfast

Breastmilk or infant formula
Pureed banana

Snack

Breastmilk or infant formula

Lunch

Fortified infant cereal
Pureed avocado or applesauce
Pureed squash (with vegetable oil)

Snack

Breastmilk or infant formula

Dinner

Fortified infant cereal
Pureed carrots (with vegetable oil)
Pureed peas
Pureed meat (chicken, pork, beef, etc.)

Snack

Breastmilk or infant formula

Short Bowel Syndrome Toddler Sample Menu (1-3 Years) With Colon

Breakfast

Yogurt (with <4 grams total sugar per serving)

Banana

Whole grain toast

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Baked Ham

Whole grain noodles

Banana or avocado

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Snack

Saltine crackers

Strawberries or peaches

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Roasted turkey

Brown rice

Green beans

Unsweetened almond, pea protein milk
or lactose-free milk, if tolerated

Evening Snack

Applesauce

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome Toddler Sample Menu (1-3 Years) Without Colon

Breakfast

Oatmeal with peanut butter or nut butter alternative

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Baked chicken or fish

White potato

Applesauce

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Snack

Pretzels

Strawberries or peaches

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Roasted chicken

Rice

Avocado

Green beans

Unsweetened almond, pea protein milk
or lactose-free milk, if tolerated

Evening Snack

Crackers and string cheese

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome Preschool Sample Menu (3-5 Years) With Colon

Breakfast

Cereal (with <4 grams of sugar per serving)

Banana

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Roasted turkey slices

Baby carrots

Whole grain noodles

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Afternoon Snack

Unsweetened applesauce

Pretzels

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Grilled chicken

Brown rice

Cooked squash

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Evening Snack

Yogurt (with <4 grams total sugar
per serving)

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome Preschool Sample Menu (3-5 Years) Without Colon

Breakfast

Scrambled eggs or Canadian bacon

Toast

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Peanut butter or nut butter
alternative sandwich

Banana

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Afternoon Snack

Pretzels

Unsweetened applesauce

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Spaghetti with meat sauce

Green beans

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Evening Snack

Crackers

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome School Aged Sample Menu (5-12 Years) With Colon

Breakfast

Oatmeal with peanut butter or nut butter alternative

Banana

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Ham & cheese sandwich with
whole grain bread

Baked potato chips

Kiwi

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Afternoon Snack

Saltine crackers

Cheese cubes

Clementine/tangerine

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Whole grain pasta with
tomato sauce and meatballs

Dinner roll

Green beans

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Evening Snack

Pretzels

Unsweetened almond, pea protein milk
or lactose-free milk, if tolerated

Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome School Aged Sample Menu (5-12 Years) Without Colon

Breakfast

Hard cooked egg or Canadian bacon
Bagel with peanut butter or nut butter alternative
Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Cheese Quesadilla
Salsa (for dipping)
Peach
Avocado
Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Afternoon Snack

Unsweetened applesauce
Pretzels
Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Dinner

Chicken tenders
Rice
Green beans
Strawberries or peaches
Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Evening Snack

String cheese or nuts
Crackers
Unsweetened almond, pea protein milk
or lactose-free milk, if tolerated
Age-appropriate electrolyte drink
or pediatric formula (recommended
by healthcare team)

Short Bowel Syndrome Adolescent Sample Menu (13-18 Years) With Colon

Breakfast

Bagel with cream cheese

Banana

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Turkey & cheese sandwich
on whole grain bread

Baby carrots

Baked potato chips

Orange

Age-appropriate electrolyte drink

Afternoon Snack

Crackers

Cheese cubes

Age-appropriate electrolyte drink

Dinner

Soft or hard shell tacos with beef
or chicken, cheese, brown rice,
black beans, avocado

Mild salsa

Chopped salad – romaine lettuce with
mixed vegetables as tolerated and low
sugar (<4 grams per serving) vinaigrette

Age-appropriate electrolyte drink

Evening Snack

Apple slices

Pita bread

Age-appropriate electrolyte drink

Short Bowel Syndrome Adolescent Sample Menu (13-18 Years) Without Colon

Breakfast

Oatmeal with peanut butter or nut butter alternative

Blueberries

Unsweetened almond, pea protein milk or
lactose-free milk, if tolerated

Lunch

Turkey & cheese sandwich

Strawberries or peaches

Baked potato chips

Age-appropriate electrolyte drink

Afternoon Snack

Plain hummus with pita bread

Age-appropriate electrolyte drink

Dinner

Soft or hard shell tacos with beef
or chicken, cheese, brown rice,
black beans, avocado

Mild salsa

Chopped salad – romaine lettuce with
mixed vegetables as tolerated and low
sugar (<4 grams per serving) vinaigrette

Age-appropriate electrolyte drink

Evening Snack

Crackers or nuts

String cheese

Age-appropriate electrolyte drink