

Diet for Bacterial Overgrowth

1. Try to avoid the following sweeteners. You may use table sugar, NutraSweet[®], and Equal[®].
 - Corn syrup (fructose)
 - Sorbitol
 - Sucralose (Splenda[®])
 - Lactose
 - Lactulose
 - Sugar-free Gum
2. Limit or eliminate the following “high residue” foods. These foods are difficult to digest and leave residue in the small intestine.
 - Beans (kidney beans, garbanzo beans, pinto beans, etc.)
 - Lentils
 - Peas (including split pea soup)
 - Soy products (tofu, soymilk)
 - Yogurt, milk, and cheese (100 percent Lactaid[®] milk is acceptable as a milk substitute)
3. Drink 8 cups of water per day.
4. Beef, fish, poultry, and eggs are acceptable foods. Be sure to eat only portions that are appropriate for your body size.
5. Potatoes, pasta, rice (avoid wild rice), bread, and cereals are also acceptable. A good rule of thumb is to eat no more than a half cup to one cup of these carbohydrates at each meal. Believe it or not, white bread is best with bacterial overgrowth. Try to keep multigrain breads to a minimum.
6. Fruits should be eaten in moderation – two servings per day. Choose fresh, not dried fruit.
7. Fresh vegetables should also be part of your diet. Cooked or lightly steamed vegetables are preferable to raw vegetables because they are easier to absorb. Avoid large salads full of raw vegetables. A good rule of thumb is to have three to five cups of cooked vegetables per day.
8. Dairy products are best avoided because of the lactose they contain. Avoid soymilk. Try rice, almond, or Lactaid[®] milk.
9. Coffee, tea, and soda should be consumed only in moderate amounts. Limit coffee to one to two cups per day. Avoid diet soda with Splenda[®]. Diet soda containing NutraSweet[®] may be consumed in moderation. When you are thirsty, the best option is to have pure, filtered water.
10. Make sure you eat a balanced diet and that your meals contain sufficient calories so that you are able to maintain your body weight.