

Eating for GI Health:

1. According to science the best diet is a low-fat whole food plant-based diet, rich in vegetables & starches (complex carbohydrates) with B-12 supplement. Fats should be less than 30% of total caloric intake.
2. Americans eat too much protein. We only need about 1 gram of protein per kilo each day. Eating more protein does not increase muscle mass. Eating animal protein has been shown to be harmful to kidney function. The World Health Organization says 5% of your diet should be protein.
3. Dairy products should be avoided. Cheese contains casein which is known to impact motility, hormones, dioxin (carcinogenic), aluminum, and casomorphins (responsible for "cheese addiction").
4. Gastroesophageal Reflux (GER) is common in babies and they eventually outgrow it. As a first step in dealing with GER there are lifestyle changes that may help: avoiding meals close to bedtime, elevating the head, avoiding alcohol, tobacco, and chocolate, tomatoes, and onions.
5. Our stomachs contain acid to kill germs in our foods. Use medications to inhibit acid with care as they create an environment with increased risk of infection.
6. Fundoplication is surgery to stop the reflux but it doesn't work for everyone and should be used as a last resort. Consult a gastroenterologist about making this decision.
7. Consult a feeding therapist at a pediatric hospital for children with swallowing problems.
8. Constipation is a common problem in the general population. In addition to increasing water and fiber intake, consider using a different posture during defecation. Squatting facilitates defecation.
9. Miralax is the best medication available for constipation. It only keeps water in the stool by making it softer and has no side effects.
10. Feeding tubes are not painful to the child and are really just helpful plumbing.