

# CSID STORE BOUGHT FOODS GUIDE

Symptoms of Congenital Sucrase-Isomaltase Deficiency (CSID) can be managed through diet by avoiding or limiting sucrose (table sugar) and starch intake. One person with CSID may be able to tolerate different foods than another person with CSID. It is important to determine food tolerances to minimize symptoms and ensure good nutrition.

Store bought and/or commercially packaged foods can be high in sucrose and starch. Use this guide to help figure out which foods may be better tolerated than others. Some common examples are found below.

Meat/Protein	
USUALLY TOLERATED	LEAST TOLERATED
<p>Beef      Lamb                      Chicken    Pork                      Eggs      Turkey                      Fish</p> <p>*Most plain and unseasoned meats are tolerated.</p> <p><b>NOTE:</b> Nuts contain various amounts of sucrose and starch. Use caution when determining tolerance.</p>	<p>Processed meat (e.g. bacon, sausage, deli meat)</p> <p><b>Some considerations:</b>                      Meat, fish and seafood that is breaded or prepared with seasonings, sauces, or ingredients that contain sucrose and/or starch may cause symptoms of CSID.</p> <p>Organ meats contain some starch and may not be tolerated, especially in large amounts.</p>

Dairy	
USUALLY TOLERATED	LEAST TOLERATED
<p>Butter                  Milk                      Cottage cheese      Plain unsweetened yogurt                      Cream                  Sour cream                      Hard cheeses</p> <p>*Most plain/unsweetened dairy products are tolerated</p>	<p>Flavored milk                      Flavored yogurt                      Processed cheeses (e.g. American cheese, Velveeta cheese)</p>



## Fruits

USUALLY TOLERATED		SOMETIMES TOLERATED	
Avocado	Lime	Plum	Watermelon
Blackberry	Olives	Raisins	
Blueberry	Pear	LEAST TOLERATED	
Cherry	Pomegranate	Apple	Dates
Cranberry, fresh	Prunes	Apricot	Grapefruit
Grapes	Raspberry	Banana	Honeydew melon
Kiwi	Strawberry	Cantaloupe	Mango
Lemon			Nectarine
			Oranges, all types
			Peach
			Pineapple

## Vegetables & Legumes

USUALLY TOLERATED		SOMETIMES TOLERATED		
Alfalfa sprouts	Cauliflower*	Peppers	Edamame (soybeans)	
Artichoke*	Celery	Radishes	Snow peas	
Asparagus*	Chives	Spaghetti squash	Tofu	
Bamboo shoots	Cucumber	Tomatoes	Yellow wax beans	
Broccoli*	Eggplant	Turnips		
Brussels sprouts*	Green beans	Yellow squash	LEAST TOLERATED	
Cabbage*	Mixed leafy greens	Zucchini	Beets	Corn
	Mushrooms		Black beans	Garlic
			Black-eyed peas	Green peas
			Butternut squash	Kidney beans
			Carrots	Lentils
			Chickpeas	Lima beans
				Navy beans
				Onions
				Parsnip
				Pinto beans
				Potatoes
				Split peas
				Sweet potatoes
				Yams

\*These foods can cause gas in all individuals, not just those with CSID, so consumption should be monitored closely.

**TIP:** Check ingredients on canned, frozen and dried food to insure no sucrose and/or starch was added.

**Important Reminder:** Sweetened beverages and diet beverages are usually not tolerated.

## Starches

TOLERANCE VARIES				
Barley	Bread	Crackers	Oats	Quinoa
Bran	Cereal	Lentils	Pasta	Rice

