

Vegetable Quiche with Mashed Potato Crust

(Nutritionally Appropriate for Sufferers of Celiac Disease)

Crust

3 cups mashed potatoes seasoned with salt 1/3 cup minced onion

Filling

1/2 cup grated Swiss cheese	1/2 cup chopped asparagus	3 eggs
1/2 cup grated Cheddar cheese	1/2 cup sliced red pepper	1 cup 1% milk
1/2 cup sliced mushrooms	1/2 cup grated carrots	

Preheat oven to 350°. Butter a 9 x 11 pan | Mix the seasoned mashed potatoes with minced onion and sculpt a shell in the prepared pan. Bake for 15 minutes. (Leave oven on.) | Remove from oven and layer cheeses on the bottom, then add the vegetables. Fill the crust to slightly mounded. Beat together the eggs and milk and pour over all. Bake for 30 to 40 minutes, or until you can cut through the quiche easily. **Makes 6 servings.**

Nutrients per serving

Calories - 205 Fat - 9 g Carbohydrate - 21 g Protein - 11 g Cholesterol - 126 mg Sodium - 326 mg Fiber - 2 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services



Celiac Disease

What is Celiac Disease? Celiac Disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. People who have Celiac Disease cannot tolerate a protein called gluten, which is found in wheat, rye, and barley. When people with Celiac Disease eat foods containing gluten, their immune system responds by damaging the small intestine.

What are the symptoms? Celiac Disease affects people differently. Some people develop symptoms as children, others as adults. One factor thought to play a role in when and how celiac appears is whether and how long a person was breastfed—the longer one was breastfed, the later symptoms of Celiac Disease appear and the more atypical the symptoms. Other factors include the age at which one began eating foods containing gluten and how much gluten is eaten.

Symptoms of Celiac Disease may include one or more of the following:

- recurring abdominal bloating and pain
- chronic diarrhea
- weight loss
- pale, foul-smelling stool
- unexplained anemia (low count of red blood cells)
- bone pain
- behavior changes
- muscle cramps
- fatigue
- delayed growth
- failure to thrive in infants
- pain in the joints
- seizures
- tingling numbness in the legs (from nerve damage)
- pale sores inside the mouth, called aphthous ulcers
- painful skin rash, called dermatitis herpetiformis
- tooth discoloration or loss of enamel
- missed menstrual periods (often because of excessive weight loss)

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center

Pasta Primavera

(Nutritionally Appropriate for Sufferers of GERD)

8 ounces capellini (angel hair pasta) uncooked	1 tablespoon dried whole basil
2 cups sliced zucchini squash	2 cups sliced fresh mushrooms
1 cup thinly sliced carrots	1/4 teaspoon salt
2 cloves garlic, minced	3 tablespoons grated Parmesan cheese
Nonstick pan spray	



Cook pasta according to package directions, omitting salt and fat. Drain and keep warm.

Coat skillet with nonstick pan spray and place over medium heat until hot. Add zucchini, carrot, garlic and basil; saute 5 minutes or until vegetables are crisp-tender, stirring frequently. Add mushrooms and salt; cook 2 minutes or until mushrooms are tender. Gently toss pasta with vegetable mixture and Parmesan cheese.

Makes 9 (3/4 cup) servings.

Nutrients per serving

Calories - 115 Fat 1 g Carbohydrate - 22 g Protein 5 g Cholesterol - 1.5 mg Sodium - 105 mg Fiber - 1.5 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services

Heartburn, Hiatal Hernia, and Gastroesophageal Reflux Disease (GERD)

What is GERD? Gastroesophageal Reflux Disease, or GERD, occurs when the lower esophageal sphincter (LES) does not close properly and stomach contents leak back, or reflux, into the esophagus. The LES is a ring of muscle at the bottom of the esophagus that acts like a valve between the esophagus and stomach. The esophagus carries food from the mouth to the stomach.

When refluxed stomach acid touches the lining of the esophagus, it causes a burning sensation in the chest or throat called heartburn. The fluid may even be tasted in the back of the mouth, and this is called acid indigestion. Occasional heartburn is common but does not necessarily mean one has GERD. Heartburn that occurs more than twice a week may be considered GERD, and it can eventually lead to more serious health problems.

What are the symptoms of GERD? The main symptoms are persistent heartburn and acid regurgitation. Some people have GERD without heartburn. Instead, they experience pain in the chest, hoarseness in the morning, or trouble swallowing. You may feel like you have food stuck in your throat or like you are choking or your throat is tight. GERD can also cause a dry cough and bad breath.

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center

Butternut Squash Soup

(Nutritionally Appropriate for Sufferers of Ulcerative Colitis)

1 tablespoon canola oil	1 1/2 cups low sodium vegetable broth
1/2 cup leeks	1 teaspoon salt
1/2 cup onions, chopped	1/2 teaspoon ground cumin
1 garlic clove	1/4 cup non-fat plain yogurt*
1 1/2 lbs butternut squash	

Chop onions and leeks fairly fine. Smash garlic clove. Using about 1/2 cup water, cook the onions, leeks, and garlic until very soft. Save the water. Heat the canola oil in a large saucepan over medium heat. Add onion, leeks, and garlic mixture, including the water they were cooked in. Let come to a simmer. Add cubed butternut squash and saute for about 2 minutes. Season with salt and cumin, and then add the vegetable broth. Bring to a boil. Reduce heat and simmer for about 30 minutes, or until squash is tender. Place squash mixture in a blender until smooth. Add back to pot and continue to cook again until warmed through. Serve with 1 tablespoon yogurt in each bowl. **Makes 2 servings.**

* Omit yogurt if you are lactose intolerant.

Nutrients per serving

Calories - 281 Fat - 7.5 g Carbohydrate - 51 g Protein - 8 g Cholesterol - .5 mg Sodium - 1234 mg Fiber - 8 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services



Ulcerative Colitis

What is Ulcerative Colitis? Ulcerative colitis is a disease that causes inflammation and sores, called ulcers, in the lining of the large intestine. The inflammation usually occurs in the rectum and lower part of the colon, but it may affect the entire colon. Ulcerative colitis rarely affects the small intestine except for the end section, called the terminal ileum. Ulcerative colitis may also be called colitis or proctitis.

What are the symptoms of Ulcerative Colitis?

The most common symptoms of ulcerative colitis are abdominal pain and bloody diarrhea. Patients also may experience

- fatigue
- weight loss
- loss of appetite
- rectal bleeding
- loss of body fluids and nutrients

About half of patients have mild symptoms. Others suffer frequent fever, bloody diarrhea, nausea, and severe abdominal cramps. Ulcerative colitis may also cause problems such as arthritis, inflammation of the eye, liver disease (hepatitis, cirrhosis, and primary sclerosing cholangitis), osteoporosis, skin rashes, and anemia. No one knows for sure why problems occur outside the colon. Scientists think these complications may occur when the immune system triggers inflammation in other parts of the body. Some of these problems go away when the colitis is treated.

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center

Oven French Fries

(Nutritionally Appropriate for Sufferers of Crohn's Disease)

2 pounds potatoes
1/4 cup parmesan cheese, grated
2 tablespoons olive oil

Preheat the oven to 400°. Coat a large baking pan with cooking spray. Scrub the potatoes and peel them. Cut them lengthwise into strips for French fries. Set aside. Put the grated parmesan cheese into a plastic food storage bag. Add the potato strips. Close the bag and toss to coat. Turn the potatoes out onto the prepared pan and drizzle evenly with the olive oil. Bake for 30 minutes, turning the potatoes halfway through the baking time. Potatoes should be golden brown and crunchy outside, yet soft inside. **Makes 4 servings.**

Nutrients per serving

Calories - 261 Fat - 8 g Carbohydrates - 48 g Protein - 7 g Cholesterol - 40 mg Sodium - 107 mg Fiber - 3.6 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services



Crohn's Disease

What is Crohn's Disease? Crohn's Disease causes inflammation in the small intestine. The disease usually occurs in the lower part of the small intestine, called the ileum, but it can affect any part of the digestive tract, from the mouth to the anus. The inflammation extends deep into the lining of the affected organ. The inflammation can cause pain and can make the intestines empty frequently, resulting in diarrhea.

Crohn's Disease is an inflammatory bowel disease (IBD), the general name for diseases that cause inflammation in the intestines. Crohn's Disease can be difficult to diagnose because its symptoms are similar to other intestinal disorders such as irritable bowel syndrome and to another type of IBD called ulcerative colitis.

Crohn's Disease affects men and women equally and seems to run in some families. About 20 percent of people with Crohn's Disease have a blood relative with some form of IBD, most often a brother or sister and sometimes a parent or child.

Crohn's Disease may also be called ileitis or enteritis.

What are the symptoms? The most common symptoms of Crohn's Disease are abdominal pain, often in the lower right area, and diarrhea. Rectal bleeding, weight loss, and fever may also occur. Bleeding may be serious and persistent, leading to anemia. Children with Crohn's Disease may suffer delayed development and stunted growth.

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center

Nutty Vegetable Pilaf

(Nutritionally Appropriate for Sufferers of Diverticulosis)

1 tablespoon vegetable oil	1/2 teaspoon dried basil leaves
2 cups coarsely chopped broccoli	1/2 teaspoon salt
2 medium carrots, julienned	1/4 teaspoon ground black pepper (optional)
1 medium onion, chopped	3 cups cooked brown rice (cook in low-sodium vegetable broth)
1 cup sliced fresh mushrooms	1/2 cup chopped pecans, toasted*
2 cloves garlic, minced	1/2 cup shredded Parmesan cheese (optional)
1/2 teaspoon dried thyme leaves	

Heat oil in large skillet over medium-high heat until hot. Add broccoli, carrots and onion. Cook and stir 5 to 7 minutes or until broccoli and carrots are tender and onion is beginning to brown. Add mushrooms, garlic, thyme, basil, salt and pepper. Cook and stir 2 to 3 minutes or until mushrooms are tender. Add rice and pecans; cook 1 to 2 minutes, stirring until well blended and thoroughly heated. Just before serving sprinkle with cheese, if desired. **Makes 6 servings.** *To toast pecans, place on baking sheet; bake 5 to 7 minutes in 350° F oven, or until nuts are just beginning to darken and are fragrant.

Nutrients per serving

Calories - 243 Fat - 10 g Carbohydrates - 34 g Protein - 5 g Cholesterol - 0 mg Sodium - 215 mg Fiber - 3 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services



Diverticulosis

What is Diverticulosis? Many people have small pouches in their colons that bulge outward through weak spots, like an inner tube that pokes through weak places in a tire. Each pouch is called a diverticulum. Pouches (plural) are called diverticula. The condition of having diverticula is called diverticulosis. About 10 percent of Americans over the age of 40 have diverticulosis. The condition becomes more common as people age. About half of all people over the age of 60 have diverticulosis.

When the pouches become infected or inflamed, the condition is called diverticulitis. This happens in 10 to 25 percent of people with diverticulosis. Diverticulosis and diverticulitis are also called diverticular disease.

What are the symptoms?

Most people with diverticulosis do not have any discomfort or symptoms. However, symptoms may include mild cramps, bloating, and constipation. Other diseases such as irritable bowel syndrome (IBS) and stomach ulcers cause similar problems, so these symptoms do not always mean a person has diverticulosis. You should visit your doctor if you have these troubling symptoms.

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center

Pearberry Cobbler

(Nutritionally Appropriate for Sufferers of Irritable Bowel Syndrome)

Topping

1/2 cup packed brown sugar 1/2 cup (1 stick) butter, cut into pieces
1/2 cup granulated sugar 1 cup walnut pieces
1/2 teaspoon ground cinnamon
1 cup all-purpose flour 1/2 teaspoon ground nutmeg
1/4 teaspoon ground nutmeg

Filling

2 cans (15 ounces each) Bartlett pear slices in juice, drained 1 can (16 ounces) whole cranberry sauce
1 can (21 ounces) spiced apple pie filling

To prepare topping, combine all topping ingredients, except walnuts, in food processor container. Pulse on and off until mixture resembles coarse crumbs. Add walnuts and pulse 3 to 4 times to chop nuts; set aside. In large bowl, combine fruit filling ingredients; pour into 13x9-inch baking pan. Cover evenly with topping mixture. Bake at 375°F for 35 to 40 minutes, or until topping is browned. Cool slightly before serving. **Makes 8 servings.**

Nutrients per serving

Calories - 562 Fat - 21 g Carbohydrate - 93 g Protein - 7 g Cholesterol - 31 mg Sodium - 183 mg Fiber - 10 g

Seek the guidance of the nutrition expert, a Licensed Registered Dietitian (LD, RD) from the Florida Hospital Center for Nutritional Excellence. They can provide you with individualized or group counseling sessions to meet your individual needs. For more information or to schedule an appointment, call 407-303-8157



FLORIDA HOSPITAL
Nutritional Services



Irritable Bowel Syndrome (IBS)

What is IBS? Irritable bowel syndrome, or IBS, is a problem that affects mainly the bowel, which is also called the large intestine. The bowel is the part of the digestive system that makes and stores stool. The word *syndrome* means a group of symptoms. IBS is a syndrome because it can cause several symptoms. For example, IBS causes cramping, bloating, gas, diarrhea, and constipation.

IBS is not a disease. It's a functional disorder, which means that the bowel doesn't work as it should.

With IBS, the nerves and muscles in the bowel are extra-sensitive. For example, the muscles may contract too much when you eat. These contractions can cause cramping and diarrhea during or shortly after a meal. Or the nerves can be overly sensitive to the stretching of the bowel (because of gas, for example). Cramping or pain can result. IBS can be painful. But it does not damage the bowel or cause any other diseases.

What are the symptoms of IBS?

The main symptoms of IBS are

- crampy pain in the stomach area (abdomen)
- painful diarrhea or constipation

Most people have either diarrhea or constipation, but some people have both. Other symptoms are

- mucus in the stool
- swollen or bloated abdomen
- the feeling that you have not finished a bowel movement

The Florida Hospital Digestive Health Center has been recognized by *U.S. News & World Report* as one of the top hospitals in the nation for digestive disorders. A variety of digestive health services are available at each of our seven Florida Hospital locations. For more information, call 1-866-888-0866



FLORIDA HOSPITAL
Digestive Health Center