

## **BLAND DIET**

### **Introduction**

You have been asked to follow a Bland Diet because of the gastric distress you are having.

### **Purpose**

The foods included are limited to non-stimulating, non-irritating and mildly seasoned products. This diet should be individualized according to your appetite and food tolerance. With time and recovery, you may be able to expand this diet to your tolerances.

### **Nutrients Modified**

All nutrients are available on the Bland Diet. Texture is modified by offering items that are easily digested, moderately low in roughage and very mildly seasoned products. Tender foods are used such as cooked vegetables, canned fruits, and refined breads and cereals. Fried foods and highly seasoned foods, pepper, caffeinated beverages and alcohol may cause distress and, therefore, are eliminated.

### **Dietary Guidelines and Food List**

Use the following guidelines to individualize your meal plan:

1. Eat three regular meals a day without snacks since all food stimulates acid output.
2. Eat foods slowly, chew well and avoid stomach distention with large quantities of food.
3. Use milk sparingly because it stimulates gastric acid secretion.
4. Use salt and very mild seasonings. Avoid heavy spices such as chili peppers, black pepper, chili powder and highly seasoned foods.
5. Dietary fiber may be added since there is no evidence that dietary is harmful.
6. Choose whole grain, enriched, or refined breads and cereals. Avoid large amounts of unprocessed bran.
7. Cook by baking, boiling, broiling, roasting, stewing, microwaving or creaming. Avoid frying.
8. Avoid caffeinated beverages, coffee and tea products because of the caffeine, theobromine, and tannins.
9. Citric acid juices may be irritating to some individuals.
10. Avoid aspirin, nonsteroidal anti-inflammatory drugs, alcohol and smoking.

<b>FOOD GROUP</b>	<b>SERVINGS DAILY</b>	<b>FOODS INCLUDED</b>	<b>FOODS EXCLUDED</b>
Milk, Yogurt and Cheese	2 - 3 Servings	Skim, low fat, or whole milk, buttermilk, mild drinks such as pasteurized eggnogs, milkshakes, chocolate mild, cocoa, evaporated or condensed milk, non-fat dry milk solids, yogurt with allowed fruits, cottage cheese, soft mild American or mild cheeses.	Strong cheeses, any food not tolerated
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 - 3 Servings	Baked, boiled, broiled, roasted, stewed, microwaved or creamed meat and fish, very tender chicken, turkey, veal, beef, lamb, lean pork, all fish (no bones), smooth peanut butter, soft prepared meat alternates, finely ground nuts, tofu, (soy cheese), eggs and style except fried, egg substitutes.	Any though, stringy highly seasoned or fried meat, fish, or poultry, hot dogs, cold cuts, sausages, ham, corned beef, chunky peanut butter dry beans and peas, baked beans, fried eggs, raw eggs
Bread, Cereal, Rice and Pasta	6 - 11 Servings	Refined whole wheat bread, enriched white bread, rye bread without seeds, plain rolls and crackers (saltine or graham) refined cereals (cooked or dry) hot breads as tolerated, rice, spaghetti (plain, no spicy sauce), macaroni, noodles, pasta	Coarse, whole grains, highly seasoned snack crackers, any containing seeds, nuts or dried fruits, highly seasoned rice and pasta
Vegetable	3 - 5 Servings	Mashed, boiled, creamed or baked white or sweet potato, all cooked or canned vegetables* and vegetable juices, chopped lettuce as tolerated *These vegetables may be included or omitted, depending on tolerance: broccoli, Brussels sprouts, cabbage, cauliflower, corn, dried beans and peas, green pepper, onions, rutabagas, sauerkraut, turnips	Highly seasoned potatoes, fried potatoes, potato chips, all cooked vegetables not tolerated, use raw vegetables with caution, avoid fried vegetables
Fruit	2 - 4 Servings	As tolerated, all fresh, canned and frozen fruits or fruit juices	Any fruit not tolerated, any with seeds or tough skins, uncooked dried fruits

Source: FDA Diet Manual

Fats and Oils	Use Sparingly	Margarine, reduced calorie margarine, butter, mayonnaise, mildly seasoned regular or low calorie salad dressing, oil, shortening cream, sour cream, cream cheese, drained crisp bacon, cream gravy, cream sauce, avocado	Gravies made with meat fats, salt pork, fat back, highly seasoned salad dressings or those with seeds
Sweets and Desserts	Use Sparingly	Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, hard candies, plain chocolate candies, marshmallows, all desserts made with allowed foods: cakes, cookies, pies, pudding, custard, ice cream, sherbet, gelatin dessert	Jams, marmalades, all sweets and desserts containing nuts, coconut or fruit not allowed, fried pastries such as doughnuts
Miscellaneous	As desired	Salt, mild spices, herbs, flavorings, mildly flavored gravies and sauces, olives, caffeine-free soft drinks	Strongly flavored seasonings and condiments such as barbecue sauce, chili pepper, chili sauce, garlic, black pepper, horseradish, coconut, nuts, pickles, popcorn. Use catsup, mustard, vainer, lemon and lime juice with caution, alcoholic beverages, coffee, tea, caffeine beverages.

SAMPLE MENU		
Breakfast	Lunch	Dinner
1/2 C Orange Juice, 3/4 C Cream of Wheat, 1/2 C scrambled eggs, 1 Slice Toast, 1 tsp Margarine, 1 C 2% Milk	3 oz Roast Beef and mushroom gravy, 1/2 White Rice, 1/2 C Carrot coins, 1 C Iceberg lettuce, 1 Tbsp French dressing, 1 Slice Bread, 1 tsp Margarine, 3 ea Canned pear halves, 1 C 2% Milk	1 C Macaroni, tuna and cheese, 1/2 C String beans, 1/2 C Banana/peach Mix, 1 Slice bread, 1 tsp Margarine, 1 Sugar Cookie, 1 C 2% Milk

APPROXIMATE NUTRITIONAL ANALYSIS			
Protein	89.0 gm	Thiamin	1.7 mg
Fat	81.4 gm	Calcium	1574 mg
Carbohydrate	252.5 gm	Zinc	25.8 mg
Calories	2109 kcal	Phosphorus	1543 mg
Vitamin A	4327 RE	Iron	20.7 mg
Folate	337.9 ug	Sodium	2413 mg
Vitamin C	95.4 mg	Potassium	3450 mg
Niacin	17.4 mg	Dietary Fiber	24.2 gm
Riboflavin	3.0 mg		

The sodium value will vary with the amount of salt added in food preparation.