

Bland Diet

WHAT YOU SHOULD KNOW

If you have ulcers, bowel problems, nausea, vomiting, or gas, your doctor may recommend a "bland diet" limited to foods that are soft, lightly spiced, and low in fiber. A bland diet may also be helpful if you have had stomach or intestinal surgery.

WHAT YOU SHOULD DO

The foods you should and should not eat are listed below. Stick to this plan until your doctor says you can add other foods to your diet. To maintain a balanced diet, try to eat the number of servings listed for each food group on a daily basis.

BREADS and STARCHES

Eat 6 to 8 servings a day from this list:

- 1/2 cup cream of wheat
- 1/2 cup cooked white rice
- 1/2 cup mashed potatoes
- 1/2 cup cooked pasta, noodles, or macaroni
- 6 small (2 inch square) saltine crackers
- 1 slice white bread
- 1 medium size (2-1/2 inch) roll or bun

Do not eat these foods:

- Barbecue and taco chips
- Bran and granola cereals
- Breads and rolls with nuts, seeds, or bran
- Corn chips
- Hard crackers, such as Ry-Krisp®
- Popcorn
- Potato chips, french fries, and fried potatoes
- Whole-grain breads and rolls

FRUITS

Eat 2 to 3 servings a day from this list:

- 1 1/2 cup applesauce
- 1/2 cup canned or cooked fruits without skins or seeds
- 1/2 cup mild juices, such as apple, grape, and pear

Do not eat or drink these foods:

- Berries with seeds, such as strawberries, raspberries and blackberries
- Cranberry, orange, pineapple, and grapefruit juice
- Lemonade
- Citrus fruits 🍊, such as oranges, grapefruits,

VEGETABLES

Eat 2 to 3 servings a day from this list

- 1/2 cup cooked or mashed vegetables without stems and seeds
- 1/2 cup carrots
- 1/2 cup green beans
- 1/2 cup onions and celery in soups
- 1/2 cup summer squash or zucchini
- 1/2 cup winter squash

Do not eat these foods

- Broccoli, cabbage, cauliflower, and other vegetables that cause gas
- Raw vegetables
- Mild or hot peppers
- Sauerkraut and pickled vegetables
- Tomato products, such as tomato paste, tomato sauce, and tomato juice
- Vegetable juice

MILK and DAIRY

Eat 2 to 4 servings a day from this list

- 1/4 cup to 1/2 cup cottage cheese
- 1/2 cup custard
- 1/2 cup ice cream or ice milk, without nuts
- A 1- to 2-inch-square slice of mild cheese, such as Longhorn, Colby, or Muenster
- 1 cup low fat milk
- 1/2 cup pudding
- 1 cup yogurt without seeds or nuts

Do not eat these foods

- Chocolate milk products
- High fat dairy foods, such as cream and half and half
- Spicy or strongly flavored cheeses, such as jalapeno and black pepper

MEAT and MEAT SUBSTITUTES

Eat the equivalent of 5 to 7 ounces of meat a day from this list:

2 tablespoons **creamy** peanut butter (equals 1 ounce of meat)

1 large egg (equals 1 ounce of meat)

1 cup of a casserole made from foods listed in this **diet** (equals 2 to 3 ounces of meat)

Fish, turkey, chicken, or other meat that is **not** tough or stringy

1/2 cup tofu or other bland soy products (equals 1 ounce of meat)

Do not eat these foods:

Crunchy peanut butter

Dried cooked beans, such as pinto, kidney, or navy beans

Fried or greasy meats

Processed, spicy meats, such as sausage, bacon, ham, and lunch meats

Ribs and other meats with barbecue sauce

Tough or stringy meats, such as corned beef or beef jerkey

FATS

Eat 2 to 4 servings a day from this list:

1 pat or 1 teaspoon butter

1 pat or 1 teaspoon margarine

1 teaspoon olive, vegetable, or safflower oil

Do not eat these foods:

Fried foods

Nuts and seeds

BEVERAGES

Drink as much as you want from this list:

Low-acid juices, such as apple, grape, or pear

Mild herbal teas or weak regular tea

Water

Caffeine-free drinks

Soda (do not drink more than 2 cans a day)

Do not drink these liquids:

Alcoholic beverages

Coffee and regular teas

Colas and other drinks with caffeine

SOUPS

Eat or drink as much as you want from this list:

Bouillon or broth

1 serving of a cream soup may take the place of a serving of milk

Any soup without tomato or strong spices

Do not eat these foods:

Chile (any kind)

Minestrone and other tomato-based soups

OTHER ITEMS

Eat as much as you want from this list:

Desserts made with approved foods from the lists above

Herbs

Mild gravies and sauces

Salt and other mild seasonings

Do not eat these foods:

Chili, taco, or picante sauces

Chili pepper

Desserts with nuts or coconut

Horseradish

Pickles