

**BLAND DIET**

(Sheet 1 of 2)

**PURPOSE:**

This diet is designed to provide adequate nutrition during treatment of inflammatory or ulcerative conditions of the esophagus, stomach, and intestines. It is intended to decrease irritation of the mucosa, aid in physical comfort, and provide increased dietary variety as individual tolerance improves.

**DESCRIPTION:**

The basic food groups are used for planning nutritionally adequate meals. The diet may vary due to individual food intolerances and the patient's lifestyle. Active mucosal irritants are avoided. These include caffeine, coffee, decaffeinated coffee, tea, cocoa, carbonated beverages containing caffeine, alcohol, chocolate, pepper, chili powder, and any other foods that cause individual discomfort. Some patients find acid fruits and fruit juices too irritating for regular use. Most foods stimulate gastric secretions and are therefore not useful as buffers to gastric acid. Three to five small moderate meals per day are recommended, if tolerable. Avoid bedtime snacks, which can stimulate acid production during the night.

**BASIC INFORMATION:**

There is no scientific evidence that foods other than those listed above will contribute to the formation or continuation of ulcerative disease.

**NUTRITIONAL ADEQUACY:**

The bland diet will meet the requirements for all essential nutrients. Food intolerances or habits that limit variety and quantity of food selection may cause some nutrient deficiencies. Patients on this diet will need to be individually assessed to determine if nutritional supplementation is necessary. Chronic or severe blood loss may lead to iron deficiency.

**FOOD LISTS**

Food Group	Foods Allowed	Foods to Avoid
Milk & Dairy	Whole, low-fat or 2%, or fat-free (skim) milk; dry or instant milk; evaporated milk; buttermilk; yogurt.	Chocolate milk or cocoa.
Meats & Meat Substitutes	Lean and tender meats with visible fat removed; beef, veal, lamb, fresh pork (cooked medium to well done). Poultry; fresh, frozen or canned fish or shellfish; organ meats—liver and sweetbreads; eggs, cottage cheese, cheese.	Fried or smoked meats. Processed ham, sausage, spiced or highly seasoned meats such as frankfurters and luncheon meats, fried eggs.
Breads & Grains	Enriched breads, cooked or ready-to-eat cereals, tortillas, rolls, English muffins, melba toast, rusks, zwieback, saltines, crackers, pasta, rice.	Fried tortillas, fry bread.
Fruits & Vegetables	All fruit, juices and vegetables as tolerated; baked (without skin), boiled, mashed, diced or creamed potatoes, yams.	Citrus fruits and gas-forming vegetables as tolerated, fried potatoes, hash brown potatoes.
Desserts & Sweets	Custard, vanilla or fruit-flavored puddings, tapioca pudding, sherbet, ice cream, frozen yogurt, or ice milk (except chocolate and peppermint), fruit ices, flavored and plain gelatin, Junket, plain or iced cakes, sponge cake, angel food or pound cake, cookies without chocolate or peppermint, sugar, jam, jelly, honey, syrup.	Any foods containing chocolate, cocoa, or other seasonings not allowed.

# BLAND DIET

(Sheet 2 of 2)

## FOOD LISTS (continued)

Food Group	Foods Allowed	Foods to Avoid
Beverages	Decaffeinated tea; cereal beverages such as Postum and Pero, juices as tolerated, carbonated beverages as tolerated, sports beverages as tolerated.	Coffee, tea, decaffeinated coffee, chocolate drinks, carbonated beverages containing caffeine, alcoholic beverages.
Miscellaneous	Salt, lemon and lime juice, vanilla and other extracts and flavorings, sage, cinnamon, thyme, mace, allspice, paprika, vinegar, prepared mustard.	Pepper, chili powder, cocoa or chocolate; non-prescription drugs, such as aspirin, without a health care provider's advice.

## SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Citrus Fruit or Juice Cereal with Milk Meat/Meat Substitute Bread/Margarine Milk Beverage	Apricot Nectar (1/2 cup) Oatmeal (1/2 cup) Soft Cooked Egg (1) Slice White Toast, Margarine (1 tsp) Low-Fat (1%) Milk (1 cup) Decaffeinated Tea
<b>DINNER - NOON OR EVENING MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable  Dessert Bread/Margarine Beverage	Meat Loaf (3 oz) no Gravy Whipped Potatoes (1/2 cup) Green Beans (1/2 cup) Cooked Carrots (1/2 cup) Lemon Sponge Pudding (1/2 cup) Dinner Roll (1), Margarine (1 tsp) Low-Fat (1%) Milk (1 cup)
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Dessert Bread/Margarine Beverage	Vegetable Bean soup (1 cup) Baked Chicken (3 oz) Noodles (1/2 cup) Green Peas (1/2 cup) Applesauce (1/2 cup) Slice White Bread, Margarine (1 tsp) Low-Fat (1%) Milk, Decaffeinated Tea

## Nutrient Analysis

Calories	1838 Kcal	Riboflavin	2.7 mg
Protein	107 gm	Thiamin	1.6 mg
Carbohydrate	238 gm	Folate	260 mcg
Fat	56 gm	Vitamin B6	1.4 mg
Saturated Fat	18 gm	Vitamin B12	5.5 mcg
Monounsaturated Fat	19 gm	Calcium	1399 mg
Polyunsaturated Fat	14 gm	Phosphorus	1809 mg
Cholesterol	432 mg	Zinc	11 mg
Dietary Fiber	28 gm	Iron	17 mg
Vitamin A	3008 IU	Sodium	2129 mg
Vitamin C	49 mg	Potassium	2884 mg
Niacin Equivalents	17 mg		

Adapted from the Southwest Diet Manual 1999