

# The Bland Diet

Purpose: The bland or soft diet is designed to decrease peristalsis and avoid irritation of the gastrointestinal tract.

Use: It is appropriate for people with peptic ulcer disease, chronic gastritis, reflux esophagitis or dyspepsia. It may also be used in the treatment of hiatal hernia.

## DESCRIPTION

The soft/ bland diet consists of foods that are easily digestible, mildly seasoned and tender. Fried foods, highly seasoned foods and most raw gas-forming fruits and vegetables are eliminated. Drinks containing Xanthine and alcohol should also be avoided.

Foods Recommended	Foods to Avoid
<p><b>MILK &amp; DAIRY 2-3 servings each day</b></p> <p>All milk and milk products</p> <p>Plain mild cheeses</p> <p>Cottage cheese</p>	<p><b>MILK &amp; DAIRY</b></p> <p>None</p>
<p><b>VEGETABLES 3-5 servings each day</b></p> <p>Mild flavored vegetable juices</p> <p>Cooked, frozen or canned vegetables as tolerated (asparagus tips, beets, carrots, green or waxed beans, mushrooms, pumpkin, green peas, white or sweet potato, spinach, summer or winter squashes)</p> <p>Lettuce in small amounts</p> <p>Salads made from allowed foods</p>	<p><b>VEGETABLES</b></p> <p>Raw vegetables, dried peas and beans, corn</p> <p>Gas forming vegetables such as broccoli, Brussels sprouts, cabbage, onions, cauliflower, cucumber, green pepper, corn, rutabagas, turnips and sauerkraut</p>
<p><b>FRUIT 2-4 servings each day</b></p> <p>All fruit juices</p> <p>Cooked or canned fruit without skins, seeds, or tough fibers</p>	<p><b>FRUIT</b></p> <p>All other fresh and dried fruit</p> <p>Berries and figs</p>

Avocados and bananas

Grapefruit and orange sections without membrane

**BREADS AND GRAINS 6-11 servings each day**

White, refined wheat, seedless rye breads. Plain white rolls, white melba toast, matzo, English muffin, bagel, pita bread, tortilla

Saltine, graham, soda or plain crackers

Cooked, refined cereals such as cream or wheat, oatmeal, farina, cream of rice. Dry corn and rice cereals such as puffed rice or corn flakes

Potatoes

Enriched rice, barley, noodles, spaghetti, macaroni, and other pastas

Couscous

**BREADS AND GRAINS**

Whole grain and very coarse cereals such as bran

Seeds in or on breads, and crackers

Bread or bread products with nuts or dried fruit

Potato chips, fried potatoes, wild rice

**MEAT & MEAT SUBSTITUTES 2-3 servings each day**

All lean, tender meats, poultry, fish and shellfish

Eggs, crisp bacon

Smooth nut butters

Soybean curd (Tofu) and other meat substitutes

Soups

Mildly seasoned meat stock, broth bouillon, or cream soups made with allowed foods

**MEAT & MEAT SUBSTITUTES**

Highly seasoned, cured, or smoked meats, poultry, or fish. Corned beef, luncheon meats, frankfurters, sausages, sardines, anchovies, strongly flavored cheeses and chunky peanut butter are to be avoided.

**FATS & SNACKS (use sparingly)**

Butter or fortified margarine

Mild salad dressing such as mayonnaise, French or vinegar and oil All fats and oils

Sugar, syrup, honey, jelly seedless jam, hard

**FATS & SNACKS**

Highly seasoned salad dressings with seeds or pickle relish

All sweets and deserts containing nuts, coconut or fruit not allowed

candies, plain chocolate candies, molasses, marshmallows

Fried pastries such as doughnuts

Cakes, cookies, pies, pudding, custard, ice cream sherbet, and Jell-O made with allowed foods

**MISCELLANEOUS**

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All beverages as tolerated

Caffeine-containing beverages (coffee, tea, colas, orange soda, Dr Pepper)

Herb teas, fruit drinks

Alcoholic beverages

Iodized salt, flavorings

Strongly flavored seasonings and condiments such as garlic, barbecue sauce, chili sauce, chili pepper, horseradish, pepper, chili powder and other highly spiced foods

Seedless jams, taffy, sugar, honey, jelly

Marshmallows, molasses

Mildly flavored gravies and sauces

Pickles, seed spices, olives, popcorn, nuts and coconut

Pepper, herbs, spices, ketchup, mustard and vinegar in moderation

Aspirin and aspirin-containing medicines