

# BLAND DIET

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## NUTRITIONAL EDUCATION FOR A BLAND DIET

### INTRODUCTION

You have been asked to follow a Bland Diet because of the gastric distress you are having. It is not a difficult regimen.

### 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 include other foods.

### 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. Tender foods are used such as cooked vegetables, canned fruits, refined breads and cereals. Fried foods and highly seasoned foods, peppers, caffeinated beverages and alcohol may cause distress and therefore are eliminated.

### DIETARY GUIDELINES AND FOOD LIST

Use these 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 fiber is harmful.
6. Choose fine whole grains enriched, or refined breads and cereals. Avoid large amounts of unprocessed bran.
7. Cook by baking, boiling, broiling, roasting, stewing, micro waving or creaming. **Avoid frying.**
8. Avoid coffee, tea, and all caffeinated beverages because they are acid secretion stimulators.
9. Citric acid juices may be irritating to some individuals.
10. Avoid aspirin, non-steroidal anti-inflammatory drugs, alcohol and smoking.

Food Group	Servings Daily	Foods Included	Foods Not Included
Milk, Yogurt, and Cheese	Limit to 2 - 3 servings	Skim, low fat, or whole milk, buttermilk, milk drinks such as pasteurized eggnogs, milkshakes, chocolate milk, cocoa, evaporated or condensed milk, non-fat milk solids, yogurt with allowed fruits, cottage cheese, solid mild american or mild cheese.	Strong cheeses, any food not tolerated.
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 - 3 servings	Baked, boiled, broiled, roasted, stewed, micro waved or creamed meat and fish, very tender chicken, turkey, veal, beef, lamb, lean pork, all fish (no bones), smooth peanut butter, soft prepared meat alternatives, finely ground nuts, tofu (soy cheese), eggs any style except fried, egg substitutes.	Any tough, 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	Finely ground 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, rye containing seeds, nuts or dried fruits, highly seasoned rice and pasta.
Vegetable	3 - 5 servings	<p>Mashed, boiled, creamed, or baked white or sweet potatoes, all cooked or canned vegetables and vegetable juices, chopped lettuce as tolerated.</p> <p>*These vegetables may be included or omitted, depending on tolerance: broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans, and peas, green peppers, onions, rutabagas, sauerkraut, and turnips.</p>	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 fruits not tolerated, any with seeds or tough skins, uncooked dried fruits.
Fats and Oils	Use Sparingly	Margarine, reduced calorie margarine, butter, mayonnaise, mildly seasoned regular or low calorie salad dressing, oil, shortening, cream, 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 deserts made with allowed foods: cakes, cookies, pies, puddings, custard, ice cream, sherbert, and 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, vinegar, lemon and lime juice with caution, alcoholic beverages, coffee, tea, caffeine, beverages.

Breakfast	Lunch	Dinner
1/2 C Orange Juice 1 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 C 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 of Bread 1 tsp. Margarine 1 Sugar Cookie 1 C 2% Milk

Sugar, salt and allowed beverages of choice are routinely included.

#### APPROXIMATE NUTRITIONAL ANALYSIS

Protein	89.0 gm	Vitamin C	95.4 mg	Phosphorus	1543 mg
Fat	89.4 gm	Niacin	17.4 mg	Iron	20.7 mg
Carbohydrate	252.5 gm	Riboflavin	3.0 mg	Sodium	2413 mg
Calories	2109 kcal	Thiamin	1.7 mg	Potassium	3450 mg
Vitamin A	4327 RE	Calcium	1574 mg	Dietary Fiber	24.2 mg
Folate	337.9 ug	Zinc	25.8 mg		

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