

# **BLAND DIET**

## **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 that 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%, fat free (skim) milk, dry or instant milk, evaporated milk, buttermilk, yogurt. Avoid 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. Avoid fried tortillas, fry bread.

Fruits & Vegetables: All fruit, juices, and vegetables as tolerated; baked (without skin), boiled, mashed, diced or creamed potatoes, yams. Avoid 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.

Beverages: Decaffeinated tea; cereal beverages such as Postum and Pero, juices as tolerated, carbonated beverages as tolerated, sports beverages as tolerated. Avoid 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. Avoid pepper, chili powder, cocoa or chocolate; over-the-counter drugs, such as aspirin, without a physician's recommendation.

#### SAMPLE MENU

##### Suggested Meal Plan/Suggested Foods and Beverages

#### BREAKFAST

Citrus Fruit or Juice: Apricot Nectar (1/2 cup)

Cereal with Milk: Oatmeal (1/2 cup)

Meat/Meat Substitute: Soft Cooked Egg (1)

Bread/Margarine: Slice White Toast, Margarine (1 tsp)

Milk: Low Fat (1%) Milk (1 cup)

Beverage: Decaffeinated Tea

#### DINNER-NOON OR EVENING MEAL

Meat/Meat Substitute: Meat Loaf (3 oz) no Gravy

Potato/Potato Substitute: Whipped Potatoes (1/2 cup)

Vegetable: Green Beans (1/2 cup)

Cooked Carrots (1/2 cup)

Dessert: Lemon Sponge Pudding (1/2 cup)

Bread/Margarine: Dinner Roll (1), Margarine (1 tsp)

Beverage: Low Fat (1%) Milk (1 cup)

#### SUPPER-EVENING OR NOON MEAL

Soup or Juice: Vegetable Bean soup (1 cup)

Meat/Meat Substitute: Baked Chicken (3 oz)

Potato/Potato Substitute: Noodles (1/2 cup)

Vegetable and/or Salad: Green Peas (1/2 cup)

Dessert: Applesauce (1/2 cup)

Bread/Margarine: Slice White Bread, Margarine (1 tsp)

Beverage: Low Fat (1%) Milk, Decaffeinated Tea