

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 and aid in physical comfort.

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 gastric 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. Most foods stimulate gastric secretions and are therefore not useful as buffers. Three meals per day are recommended, if tolerated, since additional meals stimulate acid secretion. 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 deficiencies. Patients on this diet will need to be individually assessed to determine if nutritional supplementation is necessary. Blood loss may lead to iron deficiency.

FOOD LISTS

Food Group	Foods Allowed	Foods to Avoid
Milk & Dairy	Whole, low fat or 2%, skim milk, dry or instant milk, evaporated milk, buttermilk, yogurt, cottage cheese, cheese.	Chocolate milk or cocoa.
Meats & Meat Substitutes	Lean and tender with visible fat removed; beef, veal, lamb, fresh pork, cooked medium to well done. Turkey, chicken, cornish game hen. Fresh, frozen or canned fish or shellfish. Organ meats - liver and spiced or highly seasoned meats, e.g. frankfurters sweetbreads, eggs.	Fried or smoked meats. Processed ham, sausage, spiced or highly seasoned meats e.g., frankfurters and luncheon meats. Fried eggs.
Potatoes & Substitutes	Plain or buttered white rice, macaroni, noodles, spaghetti; white potato baked, served without skin, boiled, mashed, diced or creamed. Sweet potato and yams.	Fried potatoes or any with seasonings.
Breads & Grains	Enriched breads. Cooked or ready-to-eat cereals. Tortillas, dinner rolls, English muffins, melba toast, rusks, zwieback, saltines, crackers.	None
Fruits & Vegetables	All fruit and juices. All vegetables and vegetable juices.	Citrus fruits as tolerated. Gas-forming vegetables
Desserts & Sweets	Custard, vanilla or fruit flavored cornstarch puddings. Tapioca pudding, sherbet, ice cream or ice milk except chocolate and peppermint. Pies, pastries. 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 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 allowed. Allowed carbonated beverages.	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. Over-the-counter drugs, such as aspirin, without the recommendation of your physician.

SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal with Milk Meat/Meat Substitute Bread/Margarine Beverage	Orange Juice Oatmeal (strained) with Milk* Soft Cooked Egg Toast, Jelly Milk*, Decaffeinated Tea
DINNER - NOON OR EVENING MEAL Soup Meat/Meat Substitute Vegetable Fruit Juice Dessert Bread/Margarine Beverage	Cream Soup & Crackers Meat Loaf without Gravy Buttered Green Beans Apricot Juice Lemon Sponge Pudding Bread & Margarine* Milk*
SUPPER - EVENING OR NOON MEAL Juice Meat/Meat Substitute Vegetable Dessert Bread/Margarine Beverage	Tomato Juice Sliced Baked Chicken & Noodles Peas Applesauce Bread, Butter or Margarine* Milk*, Decaffeinated Tea

*To reduce amount of fat in your diet, omit margarine and use 1% or skim milk.

Nutrient Analysis

Calories	2295 Kcal	Vitamin A	1161 IU	Calcium	1628 mg
Protein	111 gm	Vitamin C	104 mg	Phosphorus	2077 mg
Carbohydrate	266 gm	Niacin	25 mg	Zinc	12 mg
Fat	83 gm	Riboflavin	2.9 mg	Iron	12 mg
Cholesterol	573 mg	Thiamin	1.6 mg	Sodium	3939 mg
Dietary Fiber	13 gm	Folate	281 mcg	Potassium	3710 mg

Adapted from the Arizona Diet Manual (revised 1992)