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## BLAND DIET

A Bland Diet is a diet consisting of foods that are generally soft, low in dietary fiber, cooked rather than raw, and not spicy. Fried and fatty foods, strong cheeses, whole grains (rich in fiber) are also avoided on this diet.

### BREAKFAST

Any cooked cereal or dry cereal. Milk, cream, butter, margarine, eggs. Clear jelly, honey, maple syrup. White or light rye bread or toast. Pancakes or waffles. Decaffeinated coffee, weak tea or cocoa.

### LUNCH/DINNER

Soups: Chicken soup, Cream soups made with milk

Meats: All kinds except those which are tough or spiced

Fish: Any type except fried

Fowl: Any type except fried

Vegetables: Carrots, peas, spinach, string beans, asparagus, beets and squash (all cooked or canned). Potatoes, rice, noodles, macaroni. Spaghetti with plain tomato sauce, made from canned tomato soup and grated cheese. NO FRESH VEGETABLES. NO SALAD

Fruit: Apples, apricots, peaches, pears, cherries (all cooked or canned, no skins or seeds). Ripe banana, avocado. NO ORANGES, GRAPEFRUIT, LEMONS OR TOMATOES

Juice: Apple, grape, nectar. NO CITRUS (orange, grapefruit, tomato)

Eggs: Not fried

Cheese: Cream cheese, cottage cheese, mild white, Swiss, American, Muenster

Dessert: Jello, custard, pudding, ice cream, plain cookies, cakes without nuts or Fruit

Spices: Paprika, cinnamon, thyme, allspice, sage, salt, parsley.