

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: Jell-o, custard, pudding, ice cream, plain cookies, cakes without nuts or Fruit
- Spices: Paprika, cinnamon, thyme, allspice, sage, salt, parsley.