

LIBERAL BLAND DIET

This diet provides three meals with in between meal feedings in order to aid the neutralization of gastric acidity. Eat slowly and chew all foods thoroughly. Whole grain products and foods containing nuts, skins and seeds are omitted. Spices and highly seasoned foods are omitted. Broth, coffee, tea and pepper are usually avoided since they stimulate gastric secretion.

The diet may be used for disturbances of the gastrointestinal tract, i.e.: peptic ulcer, diverticulitis, gastritis and irritable bowel.

FOODS NORMALLY TOLERATED BY MOST PERSONS ON BLAND DIETS

Milk	Whole milk, Carnation instant nonfat milk, Carnation evaporated milk, Carnation instant malted milk, Carnation instant breakfast, half and half, buttermilk
Cheese	Plain, mild-flavored (i.e. American, cottage cheese)
Vegetables	Potatoes (mashed, baked or boiled); cooked asparagus tips, beets, carrots, cauliflower, green beans, mushrooms, pumpkin, winter squash, sweet potatoes, ripe avocado; other vegetables may be used if pureed; tomato juice
Soups	Cream soups made from other foods normally tolerated; oyster stew
Desserts	Jell-O, gelatin, custard, plain pudding, plain cake, plain cookies, ice cream, sherbet
Fats	Butter, margarine, mayonnaise, cream, crisp bacon, smooth peanut butter
Spices	Cinnamon, salt, sugar, mace and paprika; flavorings and extracts
Eggs	Poached, scrambled, soft or hard boiled, baked, creamed; plain omelet or soufflé
Meats	Broiled, boiled or roasted; ground or tender beef, veal, lamb, fresh pork, liver, chicken, turkey; baked, boiled or steamed fish such as cod, flounder, haddock, halibut and perch
Fruits	Stewed peaches, pears, apricots or baked apple without skins; canned peaches, pears, Royal Anne cherries, peeled apricots; applesauce, ripe banana, pureed fruits; all fruit juices
Bread and cereals	Plain white, rye or wheat bread; refined, cooked cereals such as cream of wheat, cream of rice, farina, strained oatmeal, puffed rice, puffed wheat, cornflakes, crisp waffles; spaghetti, rice, noodles, macaroni; saltines, graham or plain crackers
Sweets	Jelly, sugar, syrup, honey and molasses; plain candy
Beverages	Any non-carbonated, non-alcoholic beverage; coffee substitute and decaffeinated coffee

FOODS THAT SHOULD BE TRIED INDIVIDUALLY
(IF GASTRIC DISTRESS OCCURS, THESE FOODS SHOULD BE OMITTED FROM DIET)

Milk	None
Cheese	Cheeses with added spices, nuts or relishes
Vegetables	Raw vegetables, potato skins, cooked vegetables which may form gas (cabbage, broccoli, brussels sprouts, cauliflower, garlic, onions, dried peas and beans), pickles, olives; highly seasoned vegetable juices
Soups	Broth, bouillon, consommé; highly seasoned soups; any soup with a meat-based broth
Desserts	Very rich desserts, pies, pastries, candies and chocolates; desserts made from fruits which should be tried individually
Fats	Spicy, seasoned dressings; nuts, gravy, crunchy peanut butter
Spices	Moderate amounts of spices not listed in other food groups
Eggs	Fried
Meats	Bologna, luncheon meats, sausage, frankfurters, ham and all pickled, salted and smoked meats; gravies and sauces; all fried meats, fowl and seafood
Fruits	Fresh fruit other than bananas and avocados; fruits with coarse skin or seeds; figs, raisins, pineapple, berries, melon and coconut; spices or pickled fruits; citrus fruit juices when consumed on an empty stomach
Bread and cereals	Whole grain cereals, breads and crackers; pancakes and hot bread; breads and cereals with seeds, nuts or raisins
Sweets	Chewing gum, chocolates, candy made from fruits which should be tried individually, candy containing nuts or coconuts; jams
Beverages	Carbonated beverages

FOODS NORMALLY NOT TOLERATED BY PERSONS ON BLAND DIETS

highly seasoned foods				
cloves	nutmeg	chili powder	mustard seed	black pepper
caffeine	coffee	tea	cocoa	alcohol

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FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Milk and milk drinks, mildly carbonated beverages, decaffeinated coffee or tea, cereal beverages	Cola drinks, alcoholic beverages, cocoa, tea, coffee, chocolate-flavored milk
Breads	Enriched white or light rye bread; saltines, soda crackers, melba toast	Coarse whole grain breads with seeds, nuts or raisins; breads, rolls or crackers with seeds; quick breads, sweet rolls
Cereals	Refined, dry or cooked cereal; any cooked or dry cereal; corn, rice or oat cereal	Whole grain cereals
Desserts	Puddings, custards, gelatin desserts, ice cream, sherbet fruit whips, plain cakes, plain cookies	Desserts containing nuts, coconut, fruits with seeds; chocolate
Eggs	Scrambled, creamed, poached, soft or hard boiled	Fried
Fats	Cream, butter, margarine, half and half, vegetable oils, mayonnaise	All other fats
Fruit and fruit juices	Ripe bananas; any fresh, frozen or canned fruit all without skins and seeds; all fruit juices	Any fruit with tough skin or seeds
Meat, fish, poultry and cheese	Broiled, stewed, baked, creamed, roasted tender beef, veal, lamb, pork, chicken, turkey, fish; creamed cheese, cottage cheese and plain cheese	Highly seasoned meat; pickled, smoked or salt-cured meats or fish; strong flavored cheese
Potatoes or substitutes	Rice, noodles, spaghetti, macaroni, white or sweet potatoes	Fried potatoes; brown or white rice; potato chips, potato skins
Soups	Cream soups made from allowed vegetables	Highly seasoned soups; those made from meat stock
Sugar and sweets	Sugar, clear jelly, honey, syrups, hard candy	Jams, marmalade and chocolate
Vegetables and vegetable juices	Cooked, canned: beans, beets, asparagus, carrots, peas, corn, spinach, tomatoes; tender raw lettuce, celery (if tolerated); carrot juice and tomato juice (if tolerated)	Any gassy vegetables: brussel sprouts, cabbage, cauliflower, onions, cucumbers, sauerkraut, peppers
Miscellaneous	Salt, cinnamon, paprika, all-spice, lemon juice, vanilla, sage, thyme	Pepper, chewing gum, mustard, nuts, olives, pickles, chili powder, ketchup, popcorn, potato chips, coconut

SAMPLE MENU

Breakfast

4 oz. orange juice
¾ cup cornflakes
1 poached egg
1 slice toast
1 tsp. butter
1 tsp. jelly
4 oz. milk
De-caf coffee
Cream or cream substitute
2 tsp. sugar

10:00 AM

½ pint milk

Lunch

3 oz. roast beef
½ cup cream of celery soup
½ cup noodles
½ cup beets
4 oz. milk
custard
1 slice bread
1 tsp. butter
de-caf coffee
cream or cream substitute
2 tsp. sugar

2:00 PM

ice cream

Dinner

3 oz. stewed chicken
small baked potato
½ cup green beans
4 oz. milk
peaches
4 oz. apple juice
1 slice bread
1 tsp. butter
de-caf coffee
cream or cream substitute
2 tsp. sugar

8:00 PM

½ pint milk