

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 |

LIBERAL BLAND DIET

| 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