

BLAND DIET



PALMETTO GASTROENTEROLOGY AND HEPATOLOGY

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A bland diet can be used to treat ulcers, heartburn, nausea, vomiting, and gas. You may also need a bland diet after stomach or intestinal surgery.

A bland diet is made up of foods that are soft, not very spicy, and low in fiber. If you are on a bland diet, you should not eat spicy, fried, or raw foods. You should not drink alcohol or drinks with caffeine in them.

Your doctor or nurse will tell you when you can start eating other foods again. It is still important to eat healthy foods when you add foods back in. Your doctor can refer you to a dietitian or nutritionist to help you plan a healthy diet.

FOODS YOU CAN EAT

Here some foods you can eat on a bland diet:

Milk and other dairy products, low-fat only

Cooked, canned, or frozen vegetables

Fruit and vegetable juices

Cooked or canned fruit with the skin and seeds removed, such as applesauce or canned peaches

Breads, crackers, and pasta made with refined white flour

Refined hot cereals, such as oatmeal and cream of wheat

Lean, tender meats, such as poultry, whitefish, and shellfish that are steamed, baked, or grilled with no added fat

Creamy peanut butter

Pudding and custard

Eggs

Tofu

Soup, especially broth

Weak tea

FOODS TO AVOID

Here are some foods you should NOT eat when you are on a bland diet:

Fatty dairy foods, such as whipped cream or high-fat ice cream

Strong cheeses, such as bleu or Roquefort

Raw vegetables

Vegetables that make you gassy, such as broccoli, cabbage, cauliflower, cucumber, green peppers, and corn

Fresh berries and other fresh fruit

Dried fruit

Whole-grain or bran cereals

Whole-grain breads, crackers, or pasta

Pickles, sauerkraut, and similar foods

Spices, such as hot pepper and garlic

Foods with a lot of sugar or honey in them

Seeds and nuts

Highly seasoned cured or smoked meats and fish

Fried foods

You should also avoid medicine that contains aspirin or ibuprofen (Advil, Motrin)

OTHER DIET TIPS

Here are some tips for when you are on a bland diet:

Eat small meals, and eat more often during the day.

Chew your food slowly, and chew it well.

Stop cigarette smoking, if you smoke.

Do not eat within 2 hours of when you go to bed.

Stop eating foods that are NOT on the "do not" list if you don't feel well after eating them.

Drink fluids slowly.

Source & References

National Library of Medicine / National Institutes of Health

For more information visit www.pghclinic.com