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## Bland Diet

The bland diet consists of foods that are easily digested and nonirritating to the lining of the digestive tract. Gastric acidity is reduced by avoiding stimulants to gastric secretion. Frequent small feedings may be planned to promote lower acidity of the gastric contents. This diet may be used in the treatment of chronic gastric or duodenal ulcer, diarrhea or ulcerative colitis. The bland diet can be planned to provide adequate amounts of all essential nutrients to meet the recommended daily dietary allowances. Antacids and other medications used in the medical management of ulcers to reduce gastric acidity may also decrease the absorption of calcium, iron and ascorbic acid. If these medications are used for extended periods, the diet should be supplemented.

### Food Groups of the Bland Diet

Food Group	Food Allowed	Food Not Allowed
<b>Milk</b>	Whole, skim, buttermilk, yogurt, milk drinks flavored with moderate amount of syrup, weak cocoa.	None.
<b>Fats</b>	Butter, margarine, salad dressing, mayonnaise, crisp bacon, vegetable oil, shortening.	Fried foods, highly seasoned salad dressings containing pepper or chilies.
<b>Starch/Vegetables</b>	White or sweet potato, macaroni, noodles, spaghetti, rice, hominy, dried beans, peas, corn winter squash.	Fried potatoes, potato & corn chips, others not tolerated by patient
<b>Bread &amp; Crackers</b>	Enriched white or finely milled whole wheat or rye bread or toast, hot rolls and quick breads as tolerated, melba toast, rusk, zwieback, saltines, soda or graham crackers, other breads if tolerated by patient.	Coarse breads and rich pastries, if not tolerated by the patient.
<b>Cereals</b>	Cooked cereals such as cornmeal, cream of wheat, cream of rice, farina, grits, oatmeal ready-to-eat cereals which do not contain bran. Other cereals if tolerated by the patient.	Cereals containing cracked wheat or bran, if not tolerated by the patient.
<b>Soups</b>	Mildly seasoned broth and cream soups made with allowed (tolerated) foods.	Soups containing red, white or black pepper or chilies.

### Sample Menu

Suggested Meal Plan	Sample Menu	Your Menu
<b>Breakfast</b> Fruit or Juice Breakfast Meat Fat Bread Margarine Beverage	Orange Juice Scrambled Egg Crisp Bacon Toast Margarine Decaffeinated Coffee	
<b>Morning Snack</b>	Cornflakes Banana Milk	
<b>Noon Meal</b> Meat/Meat Substitute Potato/Substitute Vegetable Bread Margarine Fruit/Dessert Beverage	Baked Chicken Scalloped Potatoes Buttered Carrots White Bread Margarine Vanilla Ice Cream Milk	
<b>Afternoon Snack</b>	Peach Nectar Graham Crackers	
<b>Evening Meal</b> Meat/Meat Substitute Vegetable Bread Margarine Fruit/Dessert Milk Beverage	Cheese Soufflé Asparagus Tips Refined Whole Wheat Bread Margarine Sugar Cookies Whole Milk Decaffeinated Coffee	
<b>Bedtime Snack</b> (A night feeding may stimulate any secretions and therefore may need to be eliminated)	Cheese & Crackers Apple Juice	