

The bland diet consists of foods that are easily digested, mildly seasoned, and tender. The purpose of the bland diet is to eliminate foods that have strong acid-stimulating effects in order to decrease peristalsis and avoid irritation of the gastrointestinal tract. While on a bland diet, it is important to adjust your eating habits. Drinking fluids slowly, eating slowly, and chewing your food well can help to reduce a food's acid-stimulating effects. Be sure to avoid eating within two hours before bedtime in order to prevent overnight discomfort. It is also recommended to avoid eating large meals while on the bland diet. Having smaller meals with snacks in between can help to reduce stomach discomfort. This diet is beneficial for those who suffer from peptic ulcer disease, chronic gastritis, reflux esophagitis, or dyspepsia.

Foods to Enjoy

Dairy: all milk and milk products, mild cheeses, and cottage cheese

Vegetables: well cooked vegetables, asparagus, beets, carrots, green beans, mushrooms, pumpkin, green peas, white or sweet potato, spinach, summer and winter squash

Fruits: all fruit juices, cooked fruits, canned fruits without seeds or skins, applesauce, avocados, bananas, grapefruits, and oranges

Grains: white refined grains, seedless rye bread, plain white rolls, matzo, English muffins, bagels, pita bread, & tortilla, saltine & graham crackers, cream of wheat, oatmeal, Farina, corn flakes, Rice Krispies, white rice, white pastas and couscous

Protein: all lean tender meats, poultry, fish, shell fish, eggs, bacon cooked crispy, smooth nut butters, and tofu

Foods to Limit

Dairy: highly seasoned & flavored cheese such as pepper jack and sharp cheddar

Vegetables: raw vegetables, dried peas, beans, corn, broccoli, Brussels sprouts, cabbage, onions, cauliflower, cucumber, green pepper, rutabagas, turnips, and sauerkraut

Fruits: dried fruit, berries, figs, grapes, and any fruits with skins and seeds

Grains: whole wheat grain products, seeds in or on breads and crackers, bread products containing nuts, potato chips, French fries, any fried potato products, fried pastries, wild and brown rice

Protein: highly seasoned, cured or smoked meats, nuts and products that include nuts, corned beef, deli meat, hot dogs, sausages, sardines, and anchovies

Beverages: regular and decaffeinated coffee, regular and decaffeinated tea, caffeine-containing beverages, and carbonated beverages

Sample Meals

Breakfast

- Orange juice, scrambled eggs, and English muffin or toast
- Corn flakes, milk, and banana
- Bacon, eggs, and toast

Lunch

- Grilled chicken breast sandwich on white bread or roll with cucumbers and white cheddar cheese, canned peaches, and juice
- Caribbean jerk marinated tofu with cooked red peppers and white rice
- Chicken noodle soup with saltine crackers

Dinner

- Grilled or baked chicken, sautéed zucchini and yellow squash over couscous
- Teriyaki salmon with baked asparagus and white rice

Snacks

- Corn flakes or Rice Krispies with milk
- Saltine crackers and plain hummus
- Peanut butter and seedless grape jelly sandwich
- Canned peaches or pears
- Applesauce

References

Lim S, *et al.* (2013). Irregular meal timing is associated with *helicobacter pylori* infections and gastritis. *ISRN nutrition*. Retrieved from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4045282/>.

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