

Bland Diet

The following foods are suggestions for a bland diet:

White Rice (Not Brown Rice)

Plain Pasta

Tofu

Yogurt

White or Oatmeal Bread

Soda Crackers

Cream of Wheat, Farina, Cream of Rice

Poached or Soft Boiled Eggs

Apples (No Skin), Bananas, Pears

Cooked Vegetables: Asparagus Tips, Green Beans, Carrots, Spinach, Peas, Beets, Potatoes (No Skin)

Broiled Meats (In Moderation): Ground Beef, Veal or Lamb, Fresh Fish, Turkey and Chicken (No Skin)

Pudding & Custards

Butter, Margarine, Oil (In Moderation)

Herbal Tea

Avoid: Milk, Cheeses, Nuts, Raw Vegetables, Salads, Non-Herbal Teas, Coffee, Alcohol, Cocoa, Spices, Meat Sauces and Gravies, Pickles, Condiments, Pork, Smoked, Salted, Pickled or Dried Meats and Fish, Whole Grain Breads and Cereals.