



CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902

Phone (509) 248-3263

Bland Diet

- Purpose:** (1) Avoid gastric irritants such as black pepper, chili powder, caffeine, coffee, tea cocoa and alcohol
(2) Small, frequent meals.
(3) Diet plan may be individualized to each person's specific intolerances.

<u>Food groups</u>	<u>Foods Allowed</u>	<u>Food Restrictions</u>
Beverages	All milk drinks, decaffeinated coffee, herb teas, carbonated beverages	Alcohol and the following: colas, Dr. Pepper, Mountain Dew
Bread	White, wheat or rye bread and rolls (no seeds), soda crackers, graham crackers	Bread or rolls that contain seeds or nuts
Cereals	Most	Granola or other cereals with seeds or nuts
Dessert	Most	Desserts with berries, coconut, seeds, nuts or chocolate
Fat	All types in moderation	Excessive fried foods
Fruit	All fruit juices, canned fruits, fresh fruit without seeds or skins, melons as tolerated	Fresh fruit with skins or seeds. Fresh pineapple, figs, berries
Meat, Fish Poultry, Eggs	Tender/lean beef lamb, pork, veal or game meat Fish Chicken, turkey and eggs	Highly spiced or seasoned meats, fish, poultry or eggs Avoid excessive fried meats
Cheese	Most	Highly spiced or seasoned cheeses
Potatoes Pasta	Potatoes, sweet potatoes, yams White & brown rice	Highly seasoned pasta or rice, dishes, wild rice
Seasonings	Salts, extracts Herbs & spices in moderation	Pepper, cayenne pepper, chili pepper, onion & garlic

Food groups

Soups

Sweets

Vegetables

Miscellaneous

Foods Allowed

Most

Most

Asparagus, beets, carrots, eggplant, green or wax beans, mushrooms, peas, pimentos, pumpkin, summer and winter squash, spinach, tender lettuce

Smooth peanut butter, catsup, mild mustard, jelly

Food Restrictions

Highly seasoned soups

Candy containing coconut, seeds, nuts or chocolate

Broccoli, brussels sprouts, cabbage, cauliflower, corn, cucumbers, lima beans, onions, radishes, tomatoes, and dried beans or peas

Chili sauce, spicy meat sauces, olives, salted nuts, popcorn, jams, or any other highly seasoned foods

Sample meal plan:**Breakfast**Orange juice
Cream of wheat
Soft cooked egg
Wheat toast
Butter
Decaffeinated coffee
Sugar, jelly
Milk**Lunch**Sandwich with lean meat
on wheat bread with lettuce
& mayonnaise
Banana
Milk
Decaffeinated beverage
Sugar**Dinner**Roast chicken
Mashed potatoes
Cooked carrots
Tender lettuce salad with oil & vinegar
Sherbet
Butter
Sugar
Decaffeinated beverage**Snack**Canned peaches
Milk**Snack**

Custard

SnackCanned pears
Milk