

Bland Diet Food List

Name:

Date:

Foods to Include:

Lean Proteins:	Low-Fat Dairy:	Cooked Vegetables:	Carbohydrates:
<input type="checkbox"/> Skinless chicken <input type="checkbox"/> Turkey <input type="checkbox"/> Fish (baked or grilled) <input type="checkbox"/> Tofu	<input type="checkbox"/> Plain yogurt <input type="checkbox"/> Skimmed or low-fat milk <input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Steamed broccoli <input type="checkbox"/> Boiled carrots <input type="checkbox"/> Mashed potatoes	<input type="checkbox"/> Plain pasta <input type="checkbox"/> White rice <input type="checkbox"/> Bland crackers
Fruits:	Breads:	Beverages:	Miscellaneous:
<input type="checkbox"/> Bananas <input type="checkbox"/> Applesauce <input type="checkbox"/> Ripe melons	<input type="checkbox"/> Plain white bread <input type="checkbox"/> Toast (without butter)	<input type="checkbox"/> Herbal teas (non-caffeinated) <input type="checkbox"/> Water <input type="checkbox"/> Clear broths	<input type="checkbox"/> Boiled or poached eggs <input type="checkbox"/> Plain gelatin <input type="checkbox"/> Honey (in moderation)

Foods to Avoid:

High-Fat Foods:	Dairy Products:	Raw Vegetables:	Spices & Seasonings:
<input type="checkbox"/> Fried meats <input type="checkbox"/> Fatty cuts of meat <input type="checkbox"/> Creamy sauces	<input type="checkbox"/> Full-fat cheese <input type="checkbox"/> Whole milk <input type="checkbox"/> Ice cream	<input type="checkbox"/> Raw broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Raw onions	<input type="checkbox"/> Hot peppers <input type="checkbox"/> Garlic <input type="checkbox"/> Excessive salt
Beverages:	High-Fiber Foods:	Nuts and Seeds:	Miscellaneous:
<input type="checkbox"/> Caffeinated drinks (coffee, tea) <input type="checkbox"/> Carbonated beverages <input type="checkbox"/> Alcohol	<input type="checkbox"/> Whole grains <input type="checkbox"/> Bran cereals <input type="checkbox"/> Legumes	<input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Processed meats (sausages, hot dogs) <input type="checkbox"/> Spicy foods <input type="checkbox"/> Chocolate

Notes: