

Bland Diet Food List

Name: _____ Gender: _____ Date: _____

| What to eat | What to avoid or limit |
|---|---|
| <ul style="list-style-type: none">• Breads, crackers, and pasta made with refined white flour• Canned fruit as well as apple sauce, bananas, and melons• Cooked, canned, or frozen vegetables• Creamy peanut butter• Eggs• Fruit juices and vegetable juices (some people, such as those with GERD, may want to avoid citrus and tomato)• Graham crackers and vanilla wafers• Lean, tender meats, such as poultry, whitefish, and shellfish that are steamed, baked, or grilled with no added fat• Milk and other dairy products, low-fat or fat-free only• Popsicles and gelatin• Potatoes• Pudding and custard• Refined, hot cereals, such as Cream of Wheat (farina cereal)• Soup, especially broth• Tofu• Weak tea | <ul style="list-style-type: none">• Alcoholic beverages and drinks with caffeine in them• Dried fruits• Fatty dairy foods, such as whipped cream or high-fat ice cream• Foods with a lot of sugar in them• Fried or greasy foods• Highly seasoned, cured or smoked meats and fish• Pickles, sauerkraut, and other fermented foods• Raw vegetables and salads• Seeds and nuts• Spices and strong seasonings, such as hot pepper and garlic• Strong cheeses, such as blue or Roquefort cheese• Tough, fibrous meats• Vegetables that may make you gassy, such as broccoli, cabbage, cauliflower• Whole-grain breads, crackers, or pasta• Whole-grain or bran cereals <p><i>Note: Avoid medicine that contains aspirin, ibuprofen, or naproxen</i></p> |
| Notes | |
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Reference:

Manetti, S. (2024, May 4). *Bland diet: MedlinePlus medical encyclopedia*. MedlinePlus. <https://medlineplus.gov/ency/patientinstructions/000068.htm>

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