



CENTER OF SURGICAL EXCELLENCE

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BLAND DIET

NUTRITIONAL EDUCATION FOR A BLAND DIET

INTRODUCTION

You have been asked to follow a Bland Diet because of the gastric distress you have experienced on a difficult regimen.

PURPOSE

The foods included are limited to non-stimulating, non-irritating and mildly seasoned. The diet should be individualized according to your appetite and food tolerance. With time, you will be able to expand this diet to include other foods.

NUTRIENTS MODIFIED

All nutrients are available on the Bland Diet. Texture is modified by offering items that are moderately low in roughage and very mildly seasoned. Tender foods are used. Fried foods, canned fruits, refined breads and cereals. Fried foods and highly seasoned foods, coffee, beverages and alcohol may cause distress and therefore are eliminated.

DIETARY GUIDELINES AND FOOD LIST

Use these guidelines to individualize your meal plan:

1. Eat three regular meals a day without snacks since all food stimulates acid secretion.
2. Eat foods slowly, chew well and avoid stomach distention with large quantities.
3. Use milk sparingly because it stimulates gastric acid secretion.
4. Use salt and very mild seasonings. Avoid heavy spices such as chili pepper, cayenne, chili powder, and highly seasoned foods.
5. Dietary fiber may be added since there is no evidence that dietary fiber is harmful.
6. Choose fine whole grains enriched, or refined breads and cereals. Avoid large quantities of unprocessed bran.
7. Cook by baking, boiling, broiling, roasting, stewing, micro waving or creaming.
8. Avoid coffee, tea, and all caffeinated beverages because they are acid secretagogues.

9. Citric acid juices may be irritating to some individuals.
10. Avoid aspirin, non-steroidal anti-inflammatory drugs, alcohol and smoking.

Food Group	Servings Daily	Foods Included
Milk, Yogurt, and Cheese	Limit to 2 - 3 servings	Skim, low fat, or whole milk, buttermilk, milk drinks such as pasteurized eggnogs, milkshakes, chocolate milk, cocoa, evaporated or condensed milk, non-fat milk solids, yogurt with allowed fruits, cottage cheese, solid mild american or mild cheese.
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 - 3 servings	Baked, boiled, broiled, roasted, stewed, micro waved or creamed meat and fish, very tender chicken, turkey, veal, beef, lamb, lean pork, all fish (no bones), smooth peanut butter, soft prepared meat alternatives, finely ground nuts, tofu (soy cheese), eggs any style except fried, egg substitutes.
Bread, Cereal, Rice, and Pasta	6 - 11 servings	Finely ground whole wheat bread, enriched white bread, rye bread without seeds, plain rolls and crackers, (saltine or graham), refined cereals (cooked or dry), hot breads as tolerated, rice, spaghetti (plain, no spicy sauce), macaroni noodles, pasta.
Vegetable	3 - 5 servings	Mashed, boiled, creamed, or baked white or sweet potatoes, all cooked or canned vegetables and vegetable juices, chopped lettuce as tolerated. *These vegetables may be included or omitted, depending on tolerance: broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans, and peas, green peppers, onions, rutabagas,

		sauerkraut, and turnips.
Fruit	2 - 4 servings	As tolerated, all fresh, canned and frozen fruits or fruit juices.
Fats and Oils	Use Sparingly	Margarine, reduced calorie margarine, butter, mayonnaise, mildly seasoned regular or low calorie salad dressing, oil, shortening, cream, drained crisp bacon, cream gravy, cream sauce, avocado

Sweets and Desserts	Use Sparingly	Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, hard candies, plain chocolate candies, marshmallows, all deserts made with allowed foods: cakes, cookies, pies, puddings, custard, ice cream, sherbert, and gelatin dessert.
Miscellaneous	As Desired	Salt, mild spices, herbs, flavorings mildly flavored gravies and sauces, olives, caffeine free soft drinks.

Breakfast	Lunch
1/2 C Orange Juice	3 oz. Roast Beef and Mushroom
1 C Cream of Wheat	Gravy
1/2 C Scrambled Eggs	1/2 C White Rice
1 Slice Toast	1/2 C Carrot Coins
1 tsp. Margarine	1 C Iceberg lettuce
1 C 2% Milk	1 tbsp. French Dressing
	1 Slice Bread
	1 tsp. margarine
	3 ea. Canned Pear Halves
	1 C 2% Milk

Sugar, salt and allowed beverages of choice are routinely i

APPROXIMATE NUTRITIONAL ANALYSIS			
Protein	89.0 gm	Vitamin C	95.4 mg
Fat	89.4 gm	Niacin	17.4 mg
Carbohydrate	252.5 gm	Riboflavin	3.0 mg
Calories	2109 kcal	Thiamin	1.7 mg
Vitamin A	4327 RE	Calcium	1574 mg
Folate	337.9 ug	Zinc	25.8 mg

The Sodium value will vary with the amount of salt added in foo