

Bland Diet

BREADS and STARCHES

- **Eat 6 to 8 servings a day from this list:**
- 1/2 cup cream of wheat
- 1/2 cup cooked white rice
- 1/2 cup mashed potatoes
- 1/2 cup cooked pasta, noodles, or macaroni
- 6 small (2 inch square) saltine crackers
- 1 slice white bread
- 1 medium size (2-1/2 inch) roll or bun
- **Do not eat these foods:**
- Barbecue and taco chips
- Bran and granola cereals
- Breads and rolls with nuts, seeds, or bran
- Corn chips
- Hard crackers, such as Ry-Krisp®
- Popcorn
- Potato chips, french fries, and fried potatoes
- Whole-grain breads and rolls

FRUITS

- **Eat 2 to 3 servings a day from this list:**
- 1/2 cup applesauce
- 1/2 cup canned or cooked fruits without skins or seeds
- 1/2 cup mild juices, such as apple, grape, and pear
- 1/2 of a 9 inch banana or 1 small (5 inch) banana
- **Do not eat or drink these foods:**
- Berries with seeds, such as strawberries, raspberries, and blackberries
- Cranberry, orange, pineapple, and grapefruit juice
- Lemonade
- Citrus fruits, such as oranges, grapefruits, lemons, limes, and pineapples

VEGETABLES

- **Eat 2 to 3 servings a day from this list:**
- 1/2 cup cooked or mashed vegetables without stems and seeds
- 1/2 cup carrots
- 1/2 cup green beans
- 1/2 cup onions and celery in soups
- 1/2 cup summer squash or zucchini
- 1/2 cup winter squash
- **Do not eat these foods:**
- Raw vegetables
- Broccoli, cabbage, cauliflower, and other vegetables that cause gas
- Mild or hot peppers

- Sauerkraut and pickled vegetables
- Tomato products, such as tomato paste, tomato sauce, and tomato juice
- Vegetable juice

MILK and DAIRY

- **Eat 2 to 4 servings a day from this list:**
- 1/4 cup to 1/2 cup cottage cheese
- 1/2 cup custard
- 1/2 cup ice cream or ice milk, without nuts
- A 1- to 2-inch-square slice of mild cheese, such as Longhorn, Colby, or Muenster
- 1 cup low fat milk
- 1/2 cup pudding
- 1 cup yogurt without seeds or nuts
- **Do not eat these foods:**
- Chocolate milk products
- High fat dairy foods, such as cream and half and half
- Spicy or strongly flavored cheeses, such as jalapeno and black pepper

MEAT and MEAT SUBSTITUTES

- **Eat the equivalent of 5 to 7 ounces of meat a day from this list:**
- 2 tablespoons creamy peanut butter (equals 1 ounce of meat)
- 1 large egg (equals 1 ounce of meat)
- 1 cup of a casserole made from foods listed in this diet (equals 2 to 3 ounces of meat)
- Fish, turkey, chicken, or other meat that is **not** tough or stringy
- 1/2 cup tofu or other bland soy products (equals 1 ounce of meat)
- **Do not eat these foods:**
- Crunchy peanut butter
- Dried cooked beans, such as pinto, kidney, or navy beans
- Fried or greasy meats
- Processed, spicy meats, such as sausage, bacon, ham, and lunch meats
- Ribs and other meats with barbecue sauce
- Tough or stringy meats, such as corned beef or beef jerky

FATS

- **Eat 2 to 4 servings a day from this list:**
- 1 pat or 1 teaspoon butter
- 1 pat or 1 teaspoon margarine
- 1 teaspoon olive, vegetable, or safflower oil
- **Do not eat these foods:**
- Fried foods
- Nuts and seeds

BEVERAGES

- **Drink as much as you want from this list:**
- Low-acid juices, such as apple, grape, or pear
- Mild herbal teas or weak regular tea

- Water
- Caffeine-free drinks
- Soda (do not drink more than 2 cans a day)
- **Do not drink these liquids:**
- Alcoholic beverages
- Coffee and regular teas
- Colas and other drinks with caffeine

SOUPS

- **Eat or drink as much as you want from this list:**
- Bouillon or broth
- 1 serving of a cream soup may take the place of a serving of milk
- Any soup without tomato or strong spices
- **Do not eat these foods:**
- Chile (any kind)
- Minestrone and other tomato-based soups

OTHER ITEMS

- **Eat as much as you want from this list:**
- Desserts made with approved foods from the lists above
- Herbs
- Mild gravies and sauces
- Salt and other mild seasonings
- **Do not eat these foods:**
- Chili, taco, or picante sauces
- Chili pepper
- Desserts with nuts or coconut
- Horseradish
- Pickles

Source: <http://www.healthsquare.com/mc/fgmc2019.htm>