



BLAND DIET

FOODS ALLOWED	FOODS NOT ALLOWED
BEVERAGES: All except those restricted	Raw egg beverages, caffeine containing beverages, coffee, tea, caffeine, carbonated beverages, cocoa/chocolate, decaffeinated beverages
BREAD: Any refined breads or crackers, rolls, biscuits or muffins without seeds, nuts or dried fruits, flour tortillas	Any with seeds, nut or dried fruits, whole grains, highly seasoned crackers, fried pastries
CEREALS: Any refined, cooked or dry cereals	Coarse, whole grain or bran cereals and any seeds, nuts or dried fruit
DESSERTS/SWEETS: Plain cakes, pudding, ice cream, sherbet, fruit ice, yogurt, fruit flavored and unflavored gelatin, popsicles, plain cookies, pie made with allowed foods, sugar plain hard candy, marshmallows	Any containing fruits with skins, nuts or seeds, coconut, dried fruit, fried desserts, marmalade or any containing cocoa/chocolate.
FAT: Margarine, butter, cream, mild salad dressings such as mayonnaise	Highly seasoned salad dressings, fried foods
FRUIT: All fruit juices, cooked or canned fruit, ripe bananas, citrus sections without membrane, melon without seeds if tolerated	All other fresh and dried fruits, berries and figs
MEAT & SUBSTITUTES: Baked, broiled, steamed, roasted or creamed meat and fish, very tender ham, pork, beef, lamb, veal, liver, chicken, turkey, all fish, cottage cheese, soft mild American cheese, cheddar cheese, smooth peanut butter, eggs other than fried	Any tough, highly seasoned or fried meat, fish, poultry, legumes, chunky peanut butter, strong cheese, fried or raw eggs, corned beef, sausage, hot dogs
POTATO & SUBSTITUTES: Whipped, boiled, baked, oven browned, creamed white potatoes, sweet potatoes, pasta, white rice	Fried potatoes and substitutes, highly seasoned potatoes, wild and brown rice, potato skins
SOUPS: Broths, bouillon, consommé, creamed soups made from allowed ingredients	Any others
VEGETABLES: All vegetable juices, cooked or canned vegetables except those restricted, peas, green and waxed beans, asparagus, beets, spinach, carrots, mushrooms, summer squash, tomatoes, pimento, baby okra, eggplant, celery	Other raw vegetables, corn, lima beans, raw tomatoes, broccoli, brussel sprouts, cabbage, cauliflower, cucumber, green pepper, onion, kohlrabi, radishes, rutabagas, turnip, parsnip, legumes, collard and turnip greens, fried vegetables
MISCELLANEOUS: Salt, sugar, onion powder, herbs, ground spices in moderation, prepared mustard, vinegar, olives, mildly seasoned gravy and sauces	Pepper, garlic, barbecue sauce, chili powder, curry, horseradish, pickles, popcorn.

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