



Bland Diet

The Bland diet may be used in the treatment of chronic gastric, duodenal ulcer disease, peptic ulcers, bleeding ulcers, hiatal hernia, and reflux esophagitis. It is designed to decrease the acidity of the stomach and to promote healing of irritated tissues. It should be well-balanced while eliminating foods that cause you repeated distress.

The following recommendations may help provide some relief:

1. Avoid alcohol, cigarette smoking, aspirin, and other non-steroidal anti-inflammatory agents.
2. Avoid frequent meals and or bedtime snacks to prevent increased acid secretion, unless you note you gain relief from certain foods.
3. Avoid foods and beverages that contribute to indigestion: such as; chocolate, coffee, other highly caffeinated beverages, peppermint, high fat or spicy foods, and tomato products, not all but some people are bothered by citrus fruits.
4. Foods and seasonings that stimulate gastric acid secretion such as caffeine, black pepper, garlic, cloves, and chili powder should be limited.
5. Do not eat within two hours of bedtime.
6. Omit any other particular foods that cause discomfort.
7. Avoid clothing that is tight or restricting around the abdominal area.
8. Eat a well balanced diet that includes a variety of foods.

Food Classification	Suggested Daily Servings	Recommended choices	Limit or Avoid
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.	Limit high fat dairy
Meats and protein alternatives	2 servings (2-3 oz portions)	Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean.	Limit high fat, fried meats, or large amounts of gravies.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Limit fried, au gratin or cream sauces on veg.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Limit Avocados
Grains and grain products	3-10	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.	Go easy on high fat breads, muffins, biscuits, etc.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	
Fats and Oils	Use sparingly not generously 2-3 times a day	Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)	Limit portions.
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.	Limit high fat choices.
Fluids	6-8 cups	Water and other fluids, such as fruit juice, vegetable juice, lemonade, or soups.	Caffeine containing beverages.
Seasonings/ Condiments/ Sauces	As desired	Encourage limited quantities of all that are high in salt for normal healthy diet.	Limit black pepper, garlic, cloves, and chili powder

Sources: 10th Edition Simplified Diet Manual, and Handouts from American Dietetic Association.