**Bland Diet**



If you need to treat an [inflammatory condition](http://diet.lovetoknow.com/wiki/Anti-Inflammatory_Diet) of your gastrointestinal system, are preparing for a test of your digestive tract, or need to follow a specific diet to help reduce irritation and discomfort, a bland diet may be for you. This type of diet is low in fiber, uses very little spice, and is soft to eat. All of these reasons make it ideal for those who are recovering from certain medical conditions and need to eat something easy to digest.

Making a Lifestyle Change?

A bland diet may be a temporary change, or it may require you to alter your lifestyle. Since there are many options to consider for a bland diet, the menus need not be boring. You need to keep in mind that the foods should not be fried or prepared with a lot of grease. The key is to keep it simple and to stick to soft foods that are easy to digest. The end result will be worth the effort of this diet. Following this plan can help you live free of painful irritation and inflammation.

As with any diet, you should always check with your primary care doctor to make sure it is safe for you to follow. Your doctor should be the one to prescribe a bland diet, since he or she will know if there are any modifications that may be affected.

Which Foods Can I Eat?

Dairy Products

These dairy items are generally considered bland foods.

* Milk – should be low-fat only.
* [Yogurt](http://diet.lovetoknow.com/wiki/Is_Yogurt_Good_for_You) – Low-fat only. This includes flavored and plain yogurt, but keep in mind that certain fruits can affect digestion.
* Cheese - Eliminate the fattier cheeses. Yellow cheeses tend to contain more fat than white cheeses.
* Pudding and custard

Protein Foods

While fatty and fried meats are off limits on bland diets, it is still important to eat some protein. Here are a few types of protein that may work for you:

* Soy products - This includes [tofu](http://vegetarian.lovetoknow.com/Ways_to_Cook_Tofu), soy yogurts, and soy milk.
* Eggs
* Fish - Many types of fish, like herring, cod and trout, are acceptable on a bland diet.
* Baked and grilled meats - lean cuts of chicken, pork, and turkey.
* [Nut butters](http://vegetarian.lovetoknow.com/Make_Your_Own_Nut_Butters) - Nut butters, like peanut and almond butters, should be smooth (not chunky).

Fruits and Vegetables

This particular food group can be tricky for anyone following a bland diet. Here are a few [fruits and vegetables](http://vegetarian.lovetoknow.com/Healthiest_Fruits_and_Vegetables) usually considered safe for consumption.

* Cooked vegetables - The cooking process can make many [vegetables](http://diet.lovetoknow.com/wiki/Eating_a_Healthy_Diet%3A_Vegetables) less acidic. Carrots, peas, and squash may be included in your diet.
* Canned fruits - Dieticians consider nearly all canned fruits acceptable for those on a bland diet.
* Fruit and vegetable juices - Juices from celery, carrots and apples are typically recommended over more acidic juices like orange, tomato and grape juices.

### Carbohydrates

Unlike most [healthy diets](http://diet.lovetoknow.com/wiki/Eating_a_Healthy_Diet%3A_The_Basics), people trying to eat a bland diet will need to consume less fiber, not more. Consider incorporating these carbs into your diet:

* White flour breads and pastas - Most diets emphasize whole grain and whole wheat breads and pastas due to their higher fiber content. However, people who experience digestive upset will want to avoid these foods.
* Low-sugar cereals - Again, you will want to choose basic cereals with no added fiber.
* [Oatmeal](http://diet.lovetoknow.com/wiki/Oatmeal_Health_Benefits) - In some cases, your doctor or nutritionist may suggest oatmeal. However, this varies based on your condition.
* Potatoes - This includes all colors and types of potatoes.

Foods to Avoid:

* Fresh fruit and dried fruit.
* Seeds and nuts.
* Whole-grain or bran cereals, breads, crackers or pasta.
* Avoid greasy foods (especially fatty meats) and anything deep fried.
* Do not consume alcohol on a bland diet.
* Pickles, sauerkraut, and spices such as hot pepper and garlic.
* Do not eat raw vegetables. Avoid veggies that make you gassy – such as cabbage, cauliflower, cucumber, green peppers and corn.
* Avoid fatty dairy foods, such as whipped cream or high-fat ice cream.

Sample Bland Menu - Day One

Breakfast

* Scrambled eggs prepared with no fat
* White toast with butter and jelly
* Apple juice
* Herbal tea

Snack

* Strained fruit
* Sponge cake

Lunch

* Turkey and gravy over rice
* Steamed carrots with butter

Dinner

* Baked chicken
* Baked potato with butter
* Peas
* Canned fruit cocktail

Snack

* Milkshake
* Arrowroot cookie

Sample Bland Menu - Day Two

Breakfast

* Oatmeal with canned fruit
* Slice of white toast with butter
* Skim milk
* Herbal tea

Snack

* Cup of vanilla pudding
* Plain crackers with no seasoning

Lunch

* Grilled chicken breast
* Mashed potatoes
* Sliced canned peaches

Dinner

* Broiled salmon
* White rice
* Steamed asparagus

Snack

* Jello
* Angel food cake

Sample Bland Menu - Day Three

Breakfast

* Poached eggs
* English muffin with butter
* Herbal tea

Snack

* Applesauce
* Unseasoned rice cakes

Lunch

* Tuna sandwich
* Low fat cottage cheese
* Canned peaches

Dinner

* Broiled steak
* Peas
* Baked potato
* Frozen yogurt

Snack

* Banana
* Crackers

Satisfying Snack Ideas

Since the key to success of any diet is to have plenty of options to choose from, the bland diet can be made more exciting by adding in some satisfying snacks. Here are some choices to consider:

* White cheese and crackers
* Hardboiled eggs
* Baked apples
* Banana and creamy peanut butter
* Pretzels
* Gingersnap cookies
* Cheerios