

Bland Diet

Breakfast

Any cooked cereal. Any dry cereal. Milk, cream, butter, margarine, eggs. Clear jelly, honey, maple syrup. White or light rye bread or toast. Pancakes or waffles. Decaffeinated coffee, weak tea or cocoa.

Noon/Evening

- Soups: Chicken soup, Cream soups made with milk
- Meats: All kinds except those which are tough or spiced
- Fish: Any type except fried
- Fowl: Any type except fried
- Vegetables: Carrots, peas, spinach, string beans, asparagus, beets and squash (all cooked or canned). Potatoes, rice, noodles, macaroni. Spaghetti with plain tomato sauce Made from canned tomato soup and grated cheese. NO FRESH VEGETABLES NO SALAD
- Fruit: Apples, apricots, peaches, pears, cherries (all cooked or canned, no skins or seeds). Ripe banana, avocado. NO ORANGES, GRAPEFRUIT, LEMONS OR TOMATOES
- Juice: Apple, grape, nectar. NO CITRUS (orange, grapefruit, tomato)
- Eggs: Not fried
- Cheese: Cream, cottage, mild white, Swiss, American, Muenster
- Dessert: Junket, Jello, custard, pudding, ice cream, plain cookies, cakes without nuts or Fruit
- Spices: Paprika, cinnamon, thyme, allspice, sage, salt, parsley.