



Bland Diet for Gastrointestinal Illnesses

A bland diet will help patients with peptic ulcers, gastritis, and other gastrointestinal disorders.

General Advice

Have 4 to 6 meals daily, avoid large and heavy meals. Eat meals slowly and chew food very well. Avoid rush and hurry before and after meals. If possible rest before and after eating. Avoid smoking and drinking of alcoholic beverages, especially on an empty stomach. Rest well and avoid stress.

Foods to Avoid

1. Alcohol, strong tea and coffee, cola beverages
2. Pickles, spices, curries and condiments.
3. All fried foods.
4. Tough, twice-cooked, or highly seasoned meats, sausages, bacon and pork.
5. Salted fish and some fatty fish such as herring, mackerel, and sardines.
6. Wholemeal bread, crisp breads, pastry and cakes containing dried fruit or peel.
7. Rich, heavy pudding.
8. Excess sugar and sweets.
9. Raw and unripe fruit and dried fruits, and nuts
10. Raw vegetables: celery, lettuce, cucumber, onions, radishes, and tomatoes.

Recommended Foods

1. Dairy products, ie: milk, cream, butter, mild cheese.
2. Eggs (not fried).
3. White fish, steamed, baked or grilled.
4. Bland meats: chicken, tender beef and lamb.
5. White bread and toast, macaroni, and rice.
6. Plain biscuits and cakes, honey, maple syrup, and jellies.
7. Refined and well-cooked foods, eg: corn flour, semolina, ground rice and oat flour.
8. Puddings: custards, mousse and plain ice cream.
9. Vegetables, potatoes, creamed or mashed, and green and yellow vegetables which may be sieved and pureed with butter.
10. Fruits, stewed and preferably sieved and served as purees (eg. apple sauce) and ripe raw bananas.
11. Weak tea and water.