

BLAND DIET

The following foods are gastric irritants and should be AVOIDED:

Caffeine containing products (coffee, tea, cola, cocoa, chocolate)

Alcoholic beverages

Fried or high fat containing foods

Strong spices, especially black pepper, or chili powder

Tomato-based sauces

Onions, hot peppers, cabbage, corn, lettuce, and raw vegetables.

The above foods should be eliminated initially, then gradually introduced into the diet to determine your tolerance to them. Try small servings of one food at a time. Those that cause discomfort should be avoided. If there is no discomfort following ingestion of a new food item, it can be incorporated into your diet on a regular basis, unless the doctor has advised otherwise.

ALLOWED FOODS:

Lean meats and pork	Low-fat foods
Pasta, noodles, rice	Cream of Wheat
Potatoes	Low-fiber cereals (Rice Krispies, Special K, Corn Flakes, etc.)
Cooked vegetables (except those listed above)	Cottage Cheese
Bananas	Mild fruit juices (without pulp)
Canned or cooked fruits	Low-fat butter or margarine
Bread (white or refined wheat)	Sherbet
Gelatin	

FOLLOW THESE INSTRUCTIONS:

1. Eat small, frequent meals instead of three large ones.
2. Eat slowly and chew food very well.
3. Try to remain relaxed at mealtimes.