

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

BLAND DIET

Description

The bland (CAP-free) diet is based on the regular diet and restricts foods that are known gastric irritants. The main purpose of the bland diet is to eliminate foods that are known to stimulate gastric acid secretion and cause gastric irritation.

Indications for Use

The bland (CAP-free) diet is indicated in the treatment of peptic ulcer disease.

Nutritional Adequacy

The diet is adequate in all nutrients when planned to include a variety of foods from all food groups found in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon food choices of the individual.

Dietary Guide

Bland (CAP-free) Diet	Foods Allowed	Foods Restricted
Beverages	Herbal tea, cereal, beverages, carbonated beverages	Coffee, decaf coffee, tea, decaf tea, hot chocolate, soft drinks containing caffeine, alcohol
Breads	All	NONE
Cereals	All	NONE
Desserts, Sweets	Most	Desserts using chocolate or cocoa as an ingredient
Fats	Butter, margarine, cooking oils, cream, sour cream, salad dressings, bacon	Spicy salad dressings
Fruits	All	Citrus fruits and citrus fruit juices may cause discomfort
Meat and Meat Substitutes	Most	Highly seasoned meats

Potatoes and Potato Substitutes	All	NONE
Soups	Most	Highly seasoned soups
Vegetables	All	Cabbage, broccoli, brussel sprouts, cauliflower, onions may cause discomfort
Miscellaneous	Spices and condiments as tolerated	Black pepper, chili pepper, chili powder, mustard seed, cloves, curry, nutmeg

Meal Plan

Breakfast	Lunch	Dinner
Orange juice ½ cup Whole grain cereal ¾ cup Banana ½ Whole wheat toast 2 slices Margarine 2 tsp Jelly or jam 1 tsp Low fat 1% milk 1 cup Herbal tea 1 cup	Vegetable soup 1 cup Sliced turkey 2 oz Whole wheat bread 2 slices Mustard 1 tsp Mayonnaise 1 tbsp Sliced tomato Lettuce Fresh fruit salad 1 cup Graham crackers 4	Green salad 1 cup Vinegar/oil dressing 1 tbsp Broiled skinless chicken breast 3 oz Herbed brown rice ½ cup Broccoli steamed ½ cup Whole grain roll 1 Margarine 1 tsp Low fat frozen yogurt 1 ½ cups Apple 1 medium Beverage