
BLAND DIET

INDICATION

This diet is used for patients with peptic ulcer disease.

DESCRIPTION

The regular diet is used as a base with the omission of the following foods which stimulate acid secretion and/or irritate the gastric mucosa.

Pepper
Chili Powder
Caffeine or Theobromine in coffee, cola and strong tea
Decaffeinated Coffee
Cocoa
Alcohol

This diet should be further modified to accommodate the food tolerances of individual patients.

Rapid healing of the ulcer also depends on a nutritionally balanced diet which includes a variety of foods. Proper intake of protein and Vitamin C is especially important. Therefore, the following should be included in the diet daily:

- At least 2 servings (3 oz. each) of protein-rich food, i.e., meat, fish, poultry eggs, cheese, dried beans.
- At least 2 servings of milk or milk products
- At least 1 good source of Vitamin C, i.e. citrus fruits/juices, cantaloupe, strawberries, tomatoes, Cabbage, broccoli
- 3 or more additional servings of fruits/vegetables
- 4 or more servings of breads/cereals

NUTRITIONAL ADEQUACY

This diet is adequate in all nutrients specified in the Recommended Dietary Allowance.

CANCER INSTITUTE PROGRAMS

SAMPLE DAILY MEAL PLAN

Breakfast

½ c. Orange Juice
½ c. Cream of Wheat
1 Poached Egg
1 Strip Crisp Bacon
1 sl. Wheat Toast
1 tsp. Margarine, Jam
1 c. Lowfat Milk
Salt, Sugar

Lunch

Fresh Fruit Cup
3 oz. Roast Beef
½ Baked Potato
½ c. Buttered Green Beans
½ c. Ice Cream
1 sl. Whole Wheat Bread
1 tsp. Margarine
Salt, Sugar

Dinner

Tossed Green Salad
with French dressing
3 oz. Baked Chicken
½ c. Rice
½c. Buttered Broccoli
1 sl. Carrot Cake
1 Dinner Roll
1 tsp. Margarine
Salt, Sugar
1 c. Lowfat Milk

