

## **BLAND DIET**

### **CAFFIENE, ALCOHOL, AND PEPPER-FREE**

(Taken from the Diet/Nutrition Care Manual for Cedars-Sinai Medical Center)

#### **INDICATIONS:**

This diet may be indicated for patients with gastritis, gastric ulcers, and duodenal ulcers. Patients with problems of heartburn and discomfort due to reflux may benefit from the Anti-Reflux Diet. Patients with uncomplicated disease may tolerate a regular diet.

#### **DESCRIPTION:**

This diet is a regular diet which eliminates those foods which are thought to irritate the mucosal lining of the stomach and stimulate the production of hydrochloric acid. Restriction of other foods will be determined by individual tolerance. Studies indicate that a high fiber diet is effective in the prevention of duodenal ulcer relapse.

#### **Summary of dietary recommendations:**

1. Elimination of coffee, decaffeinated coffee, tea, caffeine-containing soft drinks, and chocolate.
2. Elimination of alcohol.
3. Elimination of black pepper, red pepper, and chili powder.
4. Avoidance of other foods per individual tolerance.
5. Consultation with physician before taking aspirin containing products.

#### **PERScription:**

This diet may be ordered as Bland Diet.

#### **MODIFICATIONS:**

This diet may be modified to meet the requirements of most diets in this manual.

#### **NUTRITIONAL ADEQUACY:**

This diet is nutritionally adequate and meets the Recommended Dietary Allowances as established by the National Research Council.

#### **ADDITIONAL COMMENTS:**

**Traditional bland diet:**

Traditionally, spiced, highly seasoned, and rough or coarse foods were thought to irritate the gastric mucosa. However, scientific evidence does not support the elimination of these foods with the exception of chili powder, black, and red pepper.

**Hyperacidity:**

Products which stimulate the production of hydrochloric acid should be avoided. All caffeine-containing beverages increase acid secretion. Coffee is a strong stimulant of acid secretion independent of its caffeine content. Therefore, avoid decaffeinated coffee, coffee, tea, and other caffeinated beverages. Alcohol and some medications decrease the mucosal barrier to gastric acidity and should therefore be limited. Large meals may increase gastric acid secretions due to distention of the antrum. Additionally, milk, and important part of bland diets in the past, has been shown to produce rebound hyperacidity. Therefore, large amounts of milk and cream are not encouraged.

**FOOD LIST:**

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS RESTRICTED</b>
<b>CEREALS</b>	All	None
<b>SOUPS</b>	All made without pepper, chili powder.	Most commercial soups prepared with pepper or chili powder.
<b>MEAT AND MEAT SUBSTITUTES</b>	Beef, lamb, veal, fowl, fish, cheese, eggs, and other products no prepared with pepper.	Luncheon meats, sausages, and frankfurters if prepared with pepper or chili powder.
<b>POTATO AND POTATO SUBSTITUTES</b>	All	None, except commercial products containing pepper.
<b>VEGETABLES AND VEGETABLE JUICES</b>	All fresh, frozen, and canned vegetables.	Spicy vegetable juices such as V-8.
<b>FRUIT AND FRUIT JUICES</b>	All	None
<b>BREAD AND</b>	All except those	Crackers containing

BREAD PRODUCTS	containing pepper.	pepper.
DESSERTS	Ice cream (except chocolate), gelatin, custard, fruit ice.	Chocolate desserts.
FATS	Butter, margarine, oil, lard, salad dressings made with allowed spices.	Salad dressings containing pepper.
SWEETS	Jelly, sugar, honey, and all except chocolate.	Chocolate.
MILK BEVERAGES	All except those containing chocolate or coffee.	Chocolate milk and chocolate milkshakes; coffee milk
OTHER BEVERAGES	Punch, mineral water, herbal tea, lemonade, carbonated caffeine-free beverages.	Coffee, tea, decaffeinated coffee, cola, and other caffeinated carbonated beverages.
CONDIMENTS AND SEASONINGS	Salt, garlic, Italian seasonings, sage, rosemary, thyme, etc.	Chili powder, black pepper, red pepper, paprika.

NOTE: Check labels and avoid foods containing black pepper, red pepper, or chili powder.

### SAMPLE MENU

**Breakfast:**

Prune juice, banana, oatmeal, hard cooked egg, white bread, sweet margarine, jelly, lowfat milk, herbal tea, salt, sugar

**Lunch:**

Pea soup, melba toast, hamburger on bun, mashed potatoes, carrots, tapioca pudding, sweet margarine, herbal tea, salt, sugar.

**Dinner:**

Tomato juice, baked dark meat chicken, rice, green beans, canned peaches, rye bread, sweet margarine, jelly, herbal tea, salt, sugar.

**Snack:**

Applesauce, lowfat milk.