



**California Division North  
Nutritional Services  
Diet - Menu**

**Subject/Title: BLAND DIET  
Order As: BLAND**

**GOALS OF DIETARY MANAGEMENT:**

To avoid hypersecretion of gastric acid and irritation of gastric mucosa which might delay the healing of an ulcer.

**DIET PRINCIPLES:**

In general, only foods which are known gastric irritants are eliminated. These include the following:

Coffee, tea, cola beverages, alcohol, black pepper, chili powder. Certain other foods may cause individual discomfort and should be avoided.

**ADEQUACY:**

Nutritional needs may be met by selecting foods from the daily food guide using recommended serving sizes. Supplements may be used with the foods to insure nutritional adequacy.

**DAILY FOOD GUIDE**

DAIRY	2-3 cups (8 oz) for children less than 9 years old
Milk	2-4 cups (8 oz) for children 9-12 4 cups (8 oz) for teenagers 2 cups (8 oz) for adults Cheese and other dairy foods can supply part of the milk allowance
PROTEIN	2 or more servings (2 to 3 oz cooked weight without bone or fat) of beef, veal, pork, poultry, fish or lamb 1 cup cooked dry beans, peas, lentils 4 tablespoons peanut butter
VEGETABLES FRUITS	4 or more servings including 1 serving of citrus
BREAD CEREAL PASTA	4 or more servings including whole grains
OILS	Include for palatability and calories

## SAMPLE MENU

### DAY 1

Breakfast: Orange juice  
Scrambled egg  
Whole wheat toast  
Margarine  
Jelly  
Milk

Lunch: Vegetable soup with crackers  
Tuna salad sandwich  
Tomato slices  
Fresh fruit  
Milk

Dinner: Beef stroganoff  
Steamed rice  
Peas  
Green salad w/ vinegar  
& oil dressing  
Dinner roll  
Margarine  
Vanilla pudding

### DAY 2

Cantaloupe wedge  
French toast with margarine/syrup  
Bacon strips  
Milk

Spaghetti with meat sauce  
Broccoli spears  
Toasted garlic bread  
Sliced apples  
Milk

Baked chicken with sauce  
Mashed potatoes  
Zucchini  
Carrot and raisin salad with dressing

Breadsticks  
Lime sherbet