

## MODIFIED BLAND DIET

### Purpose:

The bland type diet is prescribed for patients with acute gastric or duodenal ulcers, gastritis, irritable bowel, or irritation of the gastrointestinal tract. The diet is planned to eliminate foods that cause pain and those that stimulate increased gastric acid secretion and motility. The diet reduces distress caused by an ulcer, but has not been shown to heal ulcers or to prevent reoccurrence.

### Diet Principles:

1. Foods that are strong stimulators of gastric acid secretion are eliminated
2. Chemically irritating substances are excluded
3. Meals are taken at regular scheduled times
4. If small frequent feedings are ordered, the use of milk should be limited. Although milk has a brief buffering effect on the gastric acid, the calcium in the milk significantly increases the secretion of hydrochloric acid and pepsin. Excessive use of milk in ulcer therapy has been shown to produce other complications.
5. Bedtime feeding is discouraged because food (especially high protein) stimulates acid secretion
6. Caffeine-containing products are avoided
7. Decaffeinated coffee has been shown to contain a substance that stimulates gastric acid secretion. For this reason decaffeinated coffee is limited and served only after food has been eaten
8. The regular diet is used with the omission of irritating and stimulating products
9. The diet should be individualized for each patient. It should be liberalized as the patient's condition improves

### Adequacy:

The diet meets or exceeds the nutritive levels established for the Recommended Dietary Allowances. The diet as listed in the meal plan contains the approximate nutritive values:

Calories	2860
Protein	100gm
Fat	115gm
Carbohydrate	356gm

<b>Food</b>	<b>Allowed</b>	<b>Not Allowed</b>
Beverages	Milk and milk drinks, fruit juice, fruit drink, caffeine free carbonated beverages, decaffeinated coffee and tea after food is eaten	Coffee, tea, chocolate, cocoa, alcohol
Breads and Cereals	All breads, rolls, crackers. Quick breads such as cornbread, biscuits, pancakes and waffles. Cooked and ready to eat cereals	None
Desserts	Fruits, ice cream, sherbets, gelatins, puddings, cakes, pies, pastries	Coffee flavored desserts, chocolate desserts
Eggs	All	None
Fats	All (except gravies of meat extract), mild salad dressings	Gravies of meat extracts, salad dressings with spice
Fruits	All fresh, frozen or canned fruit and fruit juice	None
Meat, Fish, Poultry and Cheese	All except those excluded	Spice products such as pizza, chili and sloppy joes, sausage, meat extract pepper or spicy cheese
Potatoes and Substitutes	All	None
Soups	Creamed soups, vegetable base soups	Broth and bouillon base soups
Sweets	Sugar, honey, syrups, jam, jellies, hard candies, fondant	Chocolate, chocolate candies
Vegetables	All fresh, frozen or canned vegetables or vegetable juices	None
Miscellaneous	Salt, cinnamon, mace, paprika, flavorings and extracts	Black pepper, white pepper, red pepper and products made with peppers. Chili powder, cloves, nutmeg, mustard seed, chili peppers