

University Health Services

We heal. We educate. We care.

BLAND DIET

#1

Fluids:

- Preferable, and double ordinary amounts.
- Tea- warm or iced with lemon or small amounts of sugar or saccharin.
- Carbonated drinks, coke, ginger ale, or 7-up; coke is best, not too cold, and stirred to make flat.
- Water- all you can drink.
- Non-citrus juices only- grape, apple, or cherry juice.
- Can have Gatorade, Hawaiian Punch, Kool-Aid, Tang, and Hi-C.
- No tomato juice, no citrus juice (orange juice, grapefruit juice).
- No coffee or alcohol.
- No milk.

#2

Solids:

- Dry crackers (saltines) and toast (white bread), a small amount of jelly, but no butter or margarine.
- Jell-o.
- Soft boiled or poached eggs (not fried).
- Cooked cereal like Cream of Wheat, etc.
- Soups (Campbell's) chicken noodle and chicken rice.
- Clear broth or bouillon.
- Cheese- cottage or American only.
- Pudding, sherbert, and custards.
- Applesauce.
- No peanut butter.
- Stay on diet until free of symptoms at least 24 hours.

#3

Bland:

- Avoid: Any fatty, fried, or greasy, high fiber, or smoked food; highly seasoned or spiced food; salad dressings and raw vegetables; pizza, hamburgers, hot dogs, and hoagies.
- Stay on this diet 2 days.
- After 2 days may eat normal except stay away from spicy foods another 3-5 days.

Test Results and Advice Nurse

Please call the nurse for test results and advice: 863-4463

Appointments

Appointments can be made in person or by phone. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments, call: 863-0774

For more information about health care issues, visit the UHS Web site at www.sa.psu.edu/uhs

This publication is available in alternative media on request.

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This content is reviewed periodically and is subject to change as new health information becomes available. This information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.