



## SOFT/BLAND DIET

**Purpose of the diet:** to provide foods that should not upset your stomach.

**Description of the diet:** the foods on the soft/bland diet are soft in texture, easy to digest, low in residue and lightly seasoned. The foods should not irritate the lining of your stomach and should not cause the production of stomach acids.

### Guidelines:

- Avoid the following:
  - alcohol
  - black, red and white pepper
  - broth
  - caffeine
  - chili powder
  - chocolate
  - cloves
  - corn
  - mustard
  - nutmeg
  - nuts
  - olives
  - salad dressing
  - tannins (tea)
- Avoid the following foods:
  - highly seasoned foods like soups;
  - fried or greasy foods including fried meats and snack chips/popcorn;
  - rich desserts like pastries;
  - raw vegetables except lettuce;
  - raw fruit except ripe bananas;
  - gas forming foods like onions, peppers, cabbage, broccoli, cauliflower, sauerkraut, greens, and rutabagas;
  - processed meats high in fat like sausage, bologna, and lunch meat.
- Eat small meals more often...six small meals per day.
- Eat slowly and chew foods well.
- If you have reflux, do not lie down after eating and eat your last small meal at least two hours before bedtime.