

## LIBERAL BLAND DIET

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Milk and milk drinks, mildly carbonated beverages, decaffeinated coffee or tea, cereal beverages	Cola drinks, alcoholic beverages, cocoa, tea, coffee, chocolate-flavored milk
Breads	Enriched white or light rye bread; saltines, soda crackers, melba toast	Coarse whole grain breads with seeds, nuts or raisins; breads, rolls or crackers with seeds; quick breads, sweet rolls
Cereals	Refined, dry or cooked cereal; any cooked or dry cereal; corn, rice or oat cereal	Whole grain cereals
Desserts	Puddings, custards, gelatin desserts, ice cream, sherbet fruit whips, plain cakes, plain cookies	Desserts containing nuts, coconut, fruits with seeds; chocolate
Eggs	Scrambled, creamed, poached, soft or hard boiled	Fried
Fats	Cream, butter, margarine, half and half, vegetable oils, mayonnaise	All other fats
Fruit and fruit juices	Ripe bananas; any fresh, frozen or canned fruit all without skins and seeds; all fruit juices	Any fruit with tough skin or seeds
Meat, fish, poultry and cheese	Broiled, stewed, baked, creamed, roasted tender beef, veal, lamb, pork, chicken, turkey, fish; creamed cheese, cottage cheese and plain cheese	Highly seasoned meat; pickled, smoked or salt-cured meats or fish; strong flavored cheese
Potatoes or substitutes	Rice, noodles, spaghetti, macaroni, white or sweet potatoes	Fried potatoes; brown or white rice; potato chips, potato skins
Soups	Cream soups made from allowed vegetables	Highly seasoned soups; those made from meat stock
Sugar and sweets	Sugar, clear jelly, honey, syrups, hard candy	Jams, marmalade and chocolate
Vegetables and vegetable juices	Cooked, canned: beans, beets, asparagus, carrots, peas, corn, spinach, tomatoes; tender raw lettuce, celery (if tolerated); carrot juice and tomato juice (if tolerated)	Any gassy vegetables: brussel sprouts, cabbage, cauliflower, onions, cucumbers, sauerkraut, peppers
Miscellaneous	Salt, cinnamon, paprika, all-spice, lemon juice, vanilla, sage, thyme	Pepper, chewing gum, mustard, nuts, olives, pickles, chili powder, ketchup, popcorn, potato chips, coconut