

Gastroenterology and Internal Medicine Specialists, S.C.

22285 Pepper Road, #311
LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE
TELEPHONE (847) 382-4410
FAX (847) 382-4451
www.GastroDr.com

BLAND DIET

A bland diet is recommended for individuals who are unable to tolerate a general diet. The diet is designed to ease digestion by avoiding foods and beverages which may cause gastrointestinal distress.

WHAT ABOUT DIET?

Fried foods, very coarse breads and cereals, some fruits and vegetables, highly seasoned foods, alcohol and caffeine may cause discomfort and therefore should be avoided.

However, individual food tolerances must be considered and you will be the best judge of what you can or cannot eat and drink. Some people will find it helpful to eat smaller amounts of foods more frequently. By making wise food choices, you can select a diet that will meet your nutritional needs.