

## Bland/Soft Diet

### Why does my child need this diet?

The bland/soft diet lets your child have foods and fluids when they are not able to tolerate a general diet. After being on this diet, your child will slowly move to being able to have a general diet.

### Bland/soft diet foods

Food groups	Foods recommended	Foods to avoid
<b>Beverages</b>	Milk, malted milk, milkshakes	Any containing raw eggs or caffeine
<b>Breads</b>	<ul style="list-style-type: none"> <li>• Enriched white, rye or fine whole grain bread, rolls and crackers.</li> <li>• Plain muffins, biscuits.</li> <li>• Pancakes, waffles, cornbread, soft tortillas.</li> <li>• Coffee cake, sweet roll, if tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• Coarse breads, bran rolls, breads or crackers with seeds, coconut or nuts.</li> <li>• Doughnuts and other fried breads.</li> </ul>
<b>Cereals</b>	Cooked and dry cereals.	Any with bran, nuts, seeds or dried fruits with seeds or tough skins.
<b>Desserts and Sweets</b>	<ul style="list-style-type: none"> <li>• Plain custards, puddings.</li> <li>• Sherbet; ice cream; fruit ices and frozen pops.</li> <li>• Fruit whips; yogurt; gelatin.</li> <li>• Cakes, pies and cookies without nuts or seeds.</li> </ul>	Any with nuts, coconut or seeds. Deep fried desserts.
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Butter, margarine.</li> <li>• Cream and cream substitutes; whipped cream and toppings.</li> <li>• Gravy.</li> <li>• Sour cream, salad dressings. Mayonnaise.</li> </ul>	Salad dressing that is highly seasoned.
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Cooked, frozen, canned or dried fruits without seeds.</li> <li>• Avocado, banana, citrus sections without membrane.</li> <li>• Fruit juices.</li> </ul>	<ul style="list-style-type: none"> <li>• Other raw fruits.</li> <li>• Canned, frozen or dried fruits with seeds and tough skins.</li> <li>• Any not tolerated.</li> </ul>
<b>Potato or substitutes</b>	<ul style="list-style-type: none"> <li>• Mashed, baked, or creamed potatoes; sweet potatoes.</li> <li>• White rice; pasta and noodles.</li> </ul>	<ul style="list-style-type: none"> <li>• Hashbrowns, fried potatoes, potato skins, french fries.</li> <li>• Wild or brown rice; hominy.</li> <li>• Potato chips.</li> </ul>

**Foods (continued)**

<b>Food groups</b>	<b>Foods recommended</b>	<b>Foods to avoid</b>
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Broth, bouillon, consommé.</li> <li>• Any made from allowed food items.</li> <li>• Cream soups.</li> </ul>	Any highly seasoned soups, any made with foods to avoid.
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Tender, cooked beans, asparagus, carrots, beets, peas, pumpkin, spinach, squash, tomatoes, celery, mushrooms.</li> <li>• Lettuce and parsley, if tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or strong flavored vegetables.</li> <li>• Corn, others with coarse skins.</li> <li>• Fried vegetables, or any not tolerated.</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Seasonings in moderation.</li> <li>• Mild sauces and gravy.</li> <li>• Sugar, jellies, honey, syrup.</li> <li>• Hard candies.</li> </ul>	<ul style="list-style-type: none"> <li>• Highly seasoned foods; pepper.</li> <li>• Pickles, olives, relishes.</li> <li>• Coconut, nuts.</li> <li>• Potato chips and other fried snack foods; popcorn.</li> <li>• Chocolate.</li> <li>• Jams and marmalades.</li> </ul>

**Sample menu for child 7 to 10 years old**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<ul style="list-style-type: none"> <li>• Orange juice (½ cup)</li> <li>• Cream of wheat (1 cup)</li> <li>• Banana muffin (1)</li> <li>• Margarine (1 tsp)</li> <li>• Reduced-fat (2%) Milk (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of tomato soup (1 cup)</li> <li>• Saltine crackers (4)</li> <li>• Macaroni and cheese (¾ cup)</li> <li>• Canned fruit cocktail (½ cup)</li> <li>• Reduced-fat (2%) Milk (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Grape Juice (½ cup)</li> <li>• Roast chicken (3 oz)</li> <li>• Mashed potatoes (½ cup)</li> <li>• Gravy (¼ cup)</li> <li>• Green beans, steamed (½ cup)</li> <li>• Dinner roll (1)</li> <li>• Margarine (1 tsp)</li> <li>• Sugar cookie (1)</li> <li>• Reduced-fat (2%) Milk (1 cup)</li> </ul>
<b>Morning snack</b>	<b>Afternoon snack</b>	<b>Evening snack</b>
<ul style="list-style-type: none"> <li>• Pudding (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Applesauce (½ cup)</li> </ul>	<ul style="list-style-type: none"> <li>• Banana bread (no nuts) (1 slice)</li> </ul>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**