



## BLAND DIET INSTRUCTIONS

### First Day

Clear beverages in small quantities are most readily tolerated. Amount may be increased as tolerated. Beverages: water, sugar water, apple juice, weak tea (sweetened), Kool-aid, Gatorade, Pedialyte, soda or carbonated beverages (stirred until flat), Hi C, liquid Jello, weak broth.

### Second Day

Continue clear beverage. If hungry, start a few soft foods such as: Toast with clear jelly, soda crackers, Jello, custard, tapioca pudding, applesauce, ripe banana, cooked pears or scraped raw apple, rice or oat cereals, or Cream of Wheat.

### Third Day

Continue clear beverages and "Second Day" items adding the following: Boiled skim milk (simmer on low heat for 5 mins.), cottage cheese, soft boiled or poached egg, soft tender meat such as lamb, white meat of chicken, soups.

### Fourth Day

Continue clear beverages and "Second Day" and "Third Day" items, adding full diet foods according to appetite and symptoms. The first vegetables to use are yellow ones such as carrots and sweet potato.