

The Bland 3 Diet is indicated for patients with conditions affecting the gastrointestinal tract and/or requiring pureed foods and small frequent feedings. Chemically irritating, high fiber foods are restricted as well as foods with a high amount of connective tissue. The diet is divided into six small feedings. The HS feeding is delivered to the nursing station for the patient.

Approximate composition of Bland 3 Diet if suggested meal pattern is followed:			
<i>Protein</i>	<i>Fat</i>	<i>CHO (Carbohydrates)</i>	<i>Calories</i>
120 gms.	77 gms.	270 gms.	2255

This diet is inadequate in magnesium, thiamin, and niacin as recommended by the National Research Council Recommended Dietary Allowances.

SUGGESTED MEAL PATTERN		
Breakfast	Fruit or juice Egg Bread Margarine Jelly Beverage	½ cup 1 1 slice 1 teaspoon 1 tablespoon 1 cup
Mid-Morning	Cereal Milk	½ cup 1 cup
Lunch	Creamed soup Meat Vegetable Bread Margarine Dessert Beverage	6 ounces 2 ounces ½ cup 1 slice 1 teaspoon ½ cup 1 cup
Mid-Afternoon	Ice cream	1 cup
Dinner	Meat Potato or Substitute Vegetable Bread Margarine Dessert Beverage	3 ounces ½ cup ½ cup 1 slice 1 teaspoon ½ cup 1 cup
Evening	Milk Crackers	1 cup 5 each

BLAND 3 DIET, FOODS ALLOWED / NOT ALLOWED		
Items	Foods Allowed	Foods Not Allowed
<i>Milk & Milk Products</i>	Whole or skim milk, buttermilk, vanilla milk-shakes, eggnog, plain yogurt.	Chocolate milk.
<i>Meat, Poultry, Fish & Alternatives</i>	Tender lean beef, pork, veal, lamb, chicken, turkey; broiled or baked liver; broiled, baked or creamed cod, haddock, flounder, whitefish, salmon, tuna; American cheese, farmer's, cottage or cream cheese; eggs cooked any way except fried. Smooth peanut butter.	Fried meat, fish, poultry and eggs; smoked or cured meat and fish.
<i>Vegetables</i>	Tender cooked or pureed asparagus, beets, carrots, green beans, mushrooms, pumpkin, whipped squash, wax beans, spinach; green peas if tolerated.	Gas-forming vegetables such as broccoli, brussels sprouts, cauliflower, cabbage, corn, onions, rutabagas, turnips, all legumes and greens (turnip, mustard, collards and kale); all raw vegetables.
<i>Fruits</i>	Ripe banana, baked apples without skin, canned or cooked applesauce, peeled apricots, Royal Anne cherries, peaches, pears; puree of all canned fruits; apple juice, grape juice, cranberry juice, prune juice, nectars, citrus juices as tolerated.	All other canned fruits; fresh fruit except ripe bananas. Raisins.
<i>Potatos or Substitutes</i>	Baked without skin, broiled, creamed, escalloped, au Gratin; whipped white potato; macaroni, noodles, white rice, plain spaghetti.	Fried potatoes, wild or brown rice.
<i>Bread, Cereal & Flour</i>	White bread, refined whole wheat or rye bread, saltine or soda crackers, rusk, melba toast, zwieback, grits, blenderized oatmeal, cream of wheat, cream of rice, farina, cornflakes, Rice Crispies, Special K, puffed rice, puffed wheat.	Bread or cereal containing whole grain flour, bran, seeds, raisins, nuts, coconut, pancakes, cakes, waffles, quick breads, doughnuts, pastry.
<i>Fats</i>	Butter, margarine, crisp bacon, cream, half and half, plain sour cream, mayonnaise type salad dressings.	Bacon grease, nuts, all other salad dressings.
<i>Soups</i>	Homemade or commercial creamed soups made with allowed vegetables.	Broth, consommé, bouillon, or tomato soup.
<i>Desserts</i>	Sponge, pound or angel cake, plain unfrosted cakes, sugar cookies, vanilla wafers, flavored gelatin, vanilla ice cream, sherbet, water ice; cornstarch, rice or tapioca pudding, custard, allowed fruit.	Cakes, pies, rich pastry and desserts containing nuts, raisins, dates, seeds, coconut or chocolate.
<i>Sweets</i>	Honey, jelly, sugar, syrup, hard candy.	Jam, marmalade.
<i>Beverages</i>	Fruit-flavored drinks (Kool-Aid).	Alcoholic beverages, carbonated beverages, regular and decaffeinated coffee, tea, cocoa, chocolate.
<i>Miscellaneous & Seasonings</i>	White sauce, salt, cinnamon, paprika, flavoring extracts.	Olives, pickles, relishes, mustard, catsup, herbs, pepper, all other spices, vinegar, chocolate, snack foods.