

Bland Diet

If you are experiencing nausea or vomiting, you may want to try to eat some of the following foods.

You May Eat:

- Well-cooked soft cereals
- Mashed potatoes
- Plain toast or bread, crackers
- Soup
- Plain spaghetti
- Rice
- Macaroni (with cheese)*
- Cottage cheese*
- Puddings*
- Lowfat yogurts*
- Lowfat milk*
- Vanilla ice milk*
- Canned fruit (except pineapple)
- Very ripe bananas
- Apples without peels
- Plain meats (chicken, lean beef, turkey, fish – not fried)
- Cooked vegetables (avoid gas formers like cabbage, beans and broccoli)

*Avoid dairy products if you are having diarrhea

Do Not Eat:

- Chocolate
- Mustard
- Celery
- Peppermint
- Hot dogs
- Cabbage
- Pickles
- Hamburgers
- Fried foods
- Pastries
- Lunch meat
- Pizza
- Lettuce
- Potato chips, etc.
- Nuts, candies (or other concentrated sweets)
- Spicy or highly seasoned foods, i.e., Pepper, paprika, chili, tacos, garlic, onions