Like Mother, Like Daughter

Bland Diet

What to eat when you (or someone you love) have an upset stomach, vomiting, diarrhea, the flu, or the doctor says "bland diet":

During:
Give liquids by the spoonful:

Clear fluids only; don't give plain water, and I cannot stress this enough.

Tea with sugar and no milk; Peppermint tea
Ginger ale (with real ginger and sugar, check the labels, avoid high fructose corn syrup)
Diluted juice
Popsicles

Recovery:
No fats, no dairy

Soft-boiled or poached egg
Very ripe banana
Applesauce
Toast – no butter; honey or jelly okay
Saltines; not crackers with seasoning or fats
Beef, chicken broth
Plain chicken
Chicken noodle soup
Chicken rice soup (use white rice)
Rice (salt, and a tiny amount of butter can be tolerated after a bit)
Mashed potatoes (without milk – mash with potato water and salt)
Popsicles
Apple juice mixed with water
Black "real" tea – sugar or honey but no milk
Peppermint tea
Ginger ale (with real ginger and sugar, check the labels, avoid high fructose corn syrup)
Tonic water (not for pregnant ladies as it contains quinine – but good for malaria ;)

Introduce dairy in the form of plain yogurt sweetened with a little jam or honey. (Ice cream is usually well tolerated, at least by *our* family. ☺)

Copyright 2009 Leila M. Lawler