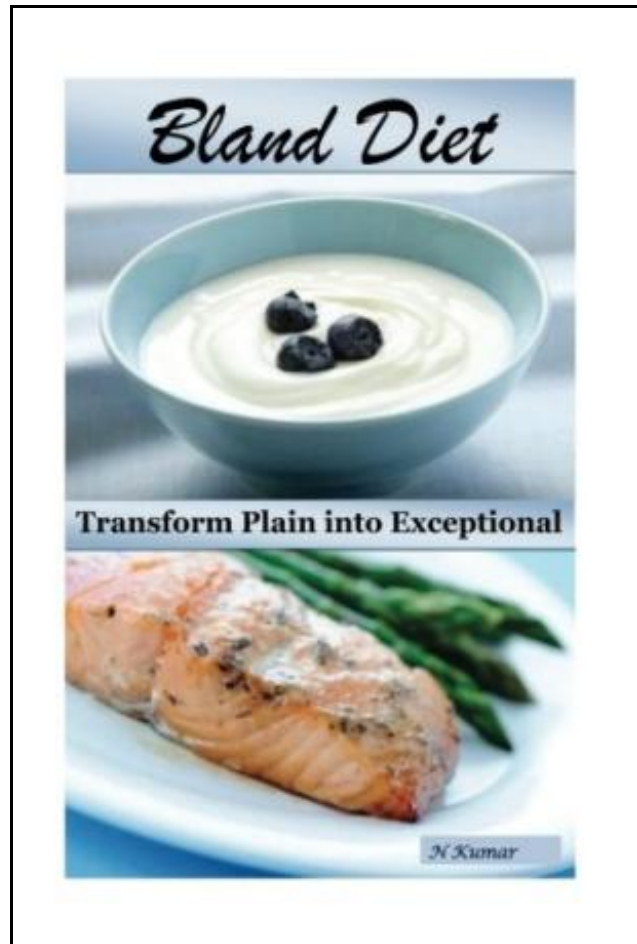


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Foods to Eat on a Bland Diet If you have problems with ulcers or your gallbladder, then dietary irritants such as fat and spices can set back the healing process. Bland diet foods for ulcers and bland diet foods for the gallbladder are therefore required, respectively. This type of diet was developed to eliminate foods that increase intestinal activity (such as gas and bowel movements), which may irritate sensitive gastrointestinal tissue. One interesting and somewhat counterintuitive thing to note about this diet is its lack of fiber. Most healthy diet plans will, to some extent, stress whole grains and an increase in fiber, since it s commonly lacking in the Standard American Diet, but the point of a bland diet is that the foods listed are as easy to digest as possible. Below is a bland diet menu. Dairy Low-fat milk, low-fat yogurt, and low-fat cheese Ice cream, in small amounts (about half a cup); no nuts Cottage cheese; cheddar cheese, and soft, mild American cheese Vegetables Cooked, canned, or frozen vegetables Asparagus, baby okra, beets, carrots, celery, eggplant, green beans, mushrooms, peas, pimiento, spinach, summer squash, tomatoes, and wax beans Fruit Fruit and vegetable juices, but avoid tomato juice (and blends containing tomato juice), as they might irritate. Also avoid other acidic juices such as orange and grape. Cooked or canned fruit with the skin and seeds removed. Applesauce, canned peaches, and pears are good options. Ripe bananas Citrus (no membrane) Melon (no seeds, and only if you can tolerate it) Grains Refined white flour products: breads, crackers, pasta, etc. Cream of wheat Meat/Poultry/Fish Lean cuts of meat: beef, ham (but make sure it s very tender) lamb, liver, pork,...

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