

Bland diet

Information for patients, parents
and carers



Leeds children's
hospital

caring about children

A bland diet consists of easily digestible foods which are gentle on the gastrointestinal tract.

This includes foods that are generally soft and low in fibre.

Foods should be cooked rather than eaten raw as this makes them easier to digest.

Spicy foods or foods that are fried or fatty should be avoided as these are harder to digest.

Drinking is particularly important for digestion but ensure that caffeinated drinks are avoided.

Foods you can eat

- Milk and other dairy products such as smooth yogurts (no lumps or bits) and cheese- choose low fat versions where possible.
- Cooked vegetables (check vegetables on the 'Foods to avoid' list).
- Potatoes (avoid the skin and also avoid chipped or roasted potatoes).
- Fruits (avoid fruits with skins and pips).
- White bread, crackers, pasta, rice and plain biscuits e.g. Rich Tea.
- Refined breakfast cereals e.g. cornflakes, Rice Krispies, Coco pops.
- Lean meats and fish e.g. chicken, turkey, white fish, that are baked, steamed or grilled with no added fat.
- Eggs - boiled, poached, scrambled, not fried.
- Soup that is clear or sieved/strained. Creamed soups should be avoided.
- Jelly.
- Plain crisps - limit to one packet per day.

Foods to avoid

- High fat dairy foods such as cream (all varieties), blue cheese and ice cream.
- Raw vegetables or salad.
- Vegetables that may cause bloating such as onions, peppers, cauliflower, broccoli, and cabbage.
- Tomatoes and tomato-based products, e.g. passata, tomato pasta sauces.
- Dried fruits, e.g. raisins, prunes, apricots.
- Citrus fruits, e.g. oranges, lemons, grapefruit.
- Wholegrains or bran cereals, e.g. Weetabix, Bran Flakes, All Bran.
- Wholegrain bread, wholewheat pasta and brown rice.
- Spices and strong seasoning e.g. garlic, chilli or curry powder.
- Seeds and nuts.
- Tough fibrous meats e.g. steak.
- Smoked meats or fish.
- Fried or greasy foods including takeaway pizzas, fish and chips, high fat Chinese and Indian takeaway dishes.
- Caffeinated drinks.

Other tips

- Eat little and often rather than three large meals.
- Chew your food slowly and well.
- Drink fluids slowly and opt for water with meals.
- Avoid eating too late at night.



What did you think of your care?

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