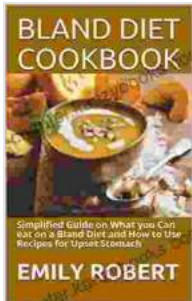


# Simplified Guide On What You Can Eat On Bland Diet And How To Use Recipes For



## BLAND DIET COOKBOOK : Simplified Guide on What you Can eat on a Bland Diet and How to Use Recipes for Upset Stomach by Tom Acitelli

★★★★☆ 4.3 out of 5

Language	: English
File size	: 818 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 60 pages
Lending	: Enabled



A bland diet is a type of diet that is low in fiber, fat, and spices. It is often recommended for people with digestive problems, such as Crohn's disease or ulcerative colitis. A bland diet can help to reduce symptoms such as diarrhea, constipation, gas, and bloating.

### What to Eat on a Bland Diet

The following foods are all considered to be bland and safe to eat on a bland diet:

- White rice
- Oatmeal
- Cream of wheat

- White bread
- Toast
- Crackers
- Potatoes
- Sweet potatoes
- Bananas
- Applesauce
- Yogurt
- Cottage cheese
- Scrambled eggs
- Baked chicken
- Fish
- Tofu

## **Bland Diet Recipes**

There are many delicious and easy-to-digest recipes that you can make on a bland diet. Here are a few examples:

- **Bland Oatmeal**

1. Cook 1 cup of oatmeal according to package directions.
2. Add 1/2 cup of milk and 1/4 cup of sugar.
3. Top with fruit or nuts, if desired.

- **Bland Chicken and Rice Soup**

1. Cook 1 pound of boneless, skinless chicken breasts in 4 cups of water.
2. Add 1 cup of white rice and 1/2 cup of chopped carrots.
3. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the chicken is cooked through and the rice is tender.
4. Shred the chicken and serve the soup hot.

- **Bland Baked Chicken**

1. Preheat oven to 375 degrees F (190 degrees C).
2. Line a baking sheet with parchment paper.
3. Place 1 pound of boneless, skinless chicken breasts on the prepared baking sheet.
4. Season the chicken with salt and pepper.
5. Bake for 20-25 minutes, or until the chicken is cooked through.

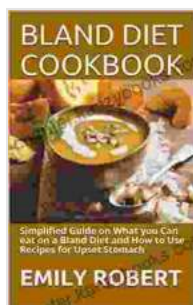
### **Tips for Following a Bland Diet**

Here are a few tips for following a bland diet:

- Eat small, frequent meals.
- Avoid eating large meals, as this can put a strain on your digestive system.
- Chew your food thoroughly.
- Drink plenty of fluids.

- Avoid caffeine and alcohol.
- Get regular exercise.
- Manage stress.

If you have any questions about following a bland diet, be sure to talk to your doctor or a registered dietitian.



## BLAND DIET COOKBOOK : Simplified Guide on What you Can eat on a Bland Diet and How to Use Recipes for Upset Stomach by Tom Acitelli

★★★★☆ 4.3 out of 5

Language : English  
 File size : 818 KB  
 Text-to-Speech : Enabled  
 Screen Reader : Supported  
 Enhanced typesetting : Enabled  
 Print length : 60 pages  
 Lending : Enabled



## How to Brine a Turkey for Thanksgiving: The Ultimate Guide

Brining a turkey is the best way to ensure a moist and flavorful bird on Thanksgiving. By submerging the turkey in a saltwater solution for several...



## **Petite Eats: Appetizers, Tasters, Miniature Desserts, and More**

Are you looking for the perfect cookbook to help you create delicious bite-sized treats? Look no further than Petite Eats! This cookbook is filled...