

BLAND DIET FOOD LIST

Disclaimer: The information provided below is for general educational purposes only and should not be considered a substitute for professional medical advice. Consult a healthcare provider before making any significant changes to your diet. Individual nutritional needs may vary.

1. **Bananas:** Easily digestible and rich in potassium. [Source](#)
2. **Applesauce:** Provides fiber and nutrients while being gentle on the stomach. [Source](#)
3. **Plain Rice:** Easily digestible source of carbohydrates. [Source](#)
4. **Boiled Potatoes:** Low in fat and gentle on digestion. [Source](#)
5. **Oatmeal:** A soluble fiber source that's easy on the stomach. [Source](#)
6. **Lean Protein:** Such as skinless chicken, turkey, or tofu. [Source](#)
7. **Steam-Cooked Vegetables:** Carrots, zucchini, and spinach are good choices. [Source](#)
8. **Boiled Eggs:** A well-tolerated source of protein. [Source](#)
9. **Plain Toast:** White bread or whole-grain options without heavy toppings. [Source](#)
10. **Low-Fat Dairy:** Like yogurt or skim milk. [Source](#)