

Bland Diet Food List Template

PATIENT INFORMATION

Patient Name: _____ Date: _____ dd / mm / yyyy

Healthcare Provider: _____

APPROVED FOODS

BRAT Diet Foundation

BRAT Foods

- Bananas
- Rice
- Applesauce
- Toast

Approved Proteins

Protein Options

- Skinless chicken
- Fish
- Tofu
- Eggs
- Lean meat

Safe Carbohydrates

Carbohydrate Options

- Plain pasta
- White rice
- Boiled potatoes
- Mashed potatoes
- Cream of wheat

Gentle Vegetables

Vegetable Options

- Steamed carrots
- Cooked spinach
- Green beans
- Squash

Low-Fat Dairy

Dairy Options

- Cottage cheese
- Plain yogurt
- Fat-free milk
- Mild cheeses

FOODS TO AVOID

Restricted Items

- Caffeine-containing beverages (coffee, tea, cola)
- Chocolate
- Alcohol
- Fried foods
- High-fat items
- Spicy seasonings
- Acidic foods
- Raw vegetables (during acute phase)

PORTION GUIDELINES

Portion notes and recommendations

MEAL PLANNING

Small, frequent meals are recommended (3-5 meals daily)

Breakfast

Mid-Morning Snack

Lunch

Afternoon Snack

Dinner

SHOPPING LIST

Items to purchase

TOLERANCE TRACKING

Notes on food tolerance and symptoms