

GUELPH | FACIAL PLASTICS

Bland Diet Guideline

Foods to Eat:

Soft Foods

Choose foods that are easy to chew and swallow:

- Mashed potatoes
- Pureed soups or steamed vegetables
- Applesauce
- Yogurt
- Cottage cheese
- Smoothies

Protein Sources

Protein supports healing and tissue repair:

- Soft-cooked chicken, turkey, or fish
- Scrambled or boiled eggs
- Greek yogurt
- Milk

Grains

Choose simple, low-fiber grain options:

- White rice
- Plain pasta
- Oatmeal
- Mashed potatoes

Fruits

Select soft, ripe fruits:

- Bananas
- Melons

Foods to Avoid:

Spicy and Acidic Foods

These may irritate the digestive tract:

- Spicy foods
- Citrus fruits and juices
- Tomato-based sauces
- Vinegar-based dressings

Sweets

Limit foods high in sugar:

- Chocolate
- Candy
- Tart or sour fruits

Tough or Salty Meats

Avoid meats that are difficult to chew:

- Steak
- Pork chops
- Tough or heavily seasoned meats

Dry Foods

These can be hard to swallow:

- Dry crackers
- Dry bread or toast

Crunchy and Salty Snacks

- Chips
- Popcorn