



Narodowe Centrum
Edukacji Żywieniowej



Centrum
Dietetyczne Online



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EASILY DIGESTIBLE DIET

A bland diet, also called easily digestible, is a modification of a standard diet normally used by healthy individuals which consists of selecting suitable foodstuffs and cooking methods. It is used in people with digestive tract conditions (such as gastric and duodenal ulcers and inflammation of the stomach lining), during oncological treatment, fever, recovery after

surgery and in elderly individuals. Its purpose is to relieve the digestive tract by facilitating digestion and absorption of nutrients, and thus improving the nutritional status.



Key nutritional recommendations

- 1 Eat 5-6 times a day, at regular intervals (every 2-3 hours). Eat your final meal 2-3 hours before bedtime.
- 2 Try to have your meals in a relaxed atmosphere. Eat at the table. Chew your food slowly and thoroughly. Avoid watching TV, reading newspapers, etc while you eat.
- 3 In order not to put too much stress on your digestive system, the recommended methods of preparing foods include boiling, steaming, stewing without pre-frying or baking in aluminium foil, parchment paper or heat resistant dishes without adding fat.
- 4 Make sure your food has the right temperature so that it does not irritate your gullet. Avoid eating hot and cold foods.
- 5 Avoid products that stay in the stomach for too long, increase the production of gastric juices, enhance intestinal peristalsis, cause flatulence or are rich in dietary fibre, e.g. fatty products, fried and smoked foods, legumes, alcohol and hot spices.
- 6 Limit the consumption of whole grain products and raw vegetables and fruits based on your individual tolerance. When your symptoms improve, reintroduce these products gradually and in small amounts while monitoring your body's reaction.
- 7 Use methods that will help your digestive system tolerate fibre better:
 - peel fruit and vegetables and remove seeds,
 - separate and remove any hard and fibrous parts of plants (e.g. from beans, asparagus or kohlrabi),
 - extend cooking time,
 - grind your food, e.g. by mixing, passing through a sieve.
- 8 Drink at least 1.5-2 litres of fluids a day (in addition to water contained in meals and products).

Other lifestyle changes

- 1 Eliminate alcohol from your diet.
- 2 Quit smoking.
- 3 If you are often under stress, find ways to manage it better. Try relaxation techniques based on mindfulness and meditation, breathing exercises or yoga.









Literature:

1. Poniewierka E.: Dietetyka Kliniczna. Wydawnictwo UMW, Wrocław, 2016.
2. Ciborowska H, Rudnicka A.: Dietetyka. Żywnienie Zdrowego i Chorego Człowieka. PZWL, Warszawa, 2021.
3. Grzymisławski M.: Dietetyka Kliniczna. PZWL, Warszawa, 2021.
4. Reinhard T, Width M.; red. wyd. pol. Chojnacki J., Klupińska G.: Dietetyka Kliniczna. Edra Urban & Partner, Wrocław, 2019.



Recommended and not recommended products in an easily digestible diet

Remember that the overall profile of your diet, the composition of individual meals and the quality of individual products are all important aspects. Products included in the 'Recommended' column should be well tolerated. However, if you experience any discomfort after their consumption, some of these foods should also be eliminated from your diet. Products listed in the 'Not Recommended' column are generally considered difficult to digest, but those that have high nutritional value and are well tolerated by your digestive system are worth including in the diet.

Product group	Recommended	Not recommended
Vegetables 	<ul style="list-style-type: none"> peeled and thermally processed vegetables (cooked/baked): carrots, parsley root, beetroot, pumpkin, courgette, zucchini, baked bell pepper (peeled), broccoli, spinach, young green beans, sugar snap peas raw: green lettuce, grated carrot with apple (carrots can be pre steamed), peeled tomato, chicory, brined pickles 	<ul style="list-style-type: none"> onion, leek, garlic, cabbage, cauliflower, Brussels sprouts, radishes raw cucumber, unpeeled pepper mushrooms canned and in vinegar other pickled foods
Fruit 	<ul style="list-style-type: none"> peeled, pureed and/or thermally processed fruit (cooked/baked): apple, pear, peach, banana, blueberries, lingonberries, apricots, mango, melon 	<ul style="list-style-type: none"> lemons, oranges, tangerines, grapefruits, limes plums, cherries, sweet cherries, grapes, pears, currants small seed fruits e.g. raspberries, figs, strawberries dried candied in syrups
Grain products 	<ul style="list-style-type: none"> bakery products: wheat bread, wheat rolls, rusks fine groats: millet, semolina, couscous, corn, fine barley quinoa, amaranth white rice light pasta: wheat pasta, rice noodles rolled oats (boiled) or instant oats, rice flakes, millet flakes corn crisps, rice wafers refined wheat flour, corn flour, rice flour, potato starch 	<ul style="list-style-type: none"> bakery products: whole grain bread, pumpernickel cereal flakes: oats, barley cereals, spelt cereals, rye cereals wheat, rye and oat bran coarse grained groats: bulgur, buckwheat, barley rice: brown, wild, red whole grain pasta confectionery breads sweetened breakfast cereals, muesli
Potatoes 	<ul style="list-style-type: none"> boiled, foil baked (without added fat) 	<ul style="list-style-type: none"> potatoes with fatty additives like cream or butter, e.g. puree fried potatoes french fries, chips fried potato pancakes
Milk and dairy products 	<ul style="list-style-type: none"> low fat milk (up to 2% fat) natural dairy products (without added sugar) up to 2% fat, e.g. yogurt, kefir, buttermilk, skyr, cottage cheese, soured milk skimmed and semi-skimmed cottage cheese light mozzarella cheese natural cottage cheese 	<ul style="list-style-type: none"> whole milk condensed milk cream sweetened fruit yogurts / cheese, milk desserts, full fat cottage cheese processed cheese, cheese, soft cheese e.g. Brie, camembert or roquefort feta cheese
Meat and meat products 	<ul style="list-style-type: none"> lean skinless meat: veal, chicken, turkey, rabbit moderate amounts of lean beef and pork (mid loin, tenderloin) lean cold cuts, preferably homemade: tenderloin, cooked ham, poultry cold cuts, baked pork mid loin, baked turkey/chicken breast 	<ul style="list-style-type: none"> fatty meats, e.g. beef, pork (ribs, chuck steak, ham hock), mutton, goose, duck fatty lunch meats, e.g. gammon, salami, bacon, spam canned meat, offal meats, e.g. brawn, pâtés, hot dogs, kabanos sausages, sausage, blood sausage
Fish, fish products and seafoods 	<ul style="list-style-type: none"> lean or fatty sea fish and freshwater fish: cod, sole, hake, blue grenadier, zander, bream, pike, perch, mackerel, salmon, halibut, carp 	<ul style="list-style-type: none"> fish in oil, e.g. herring smoked fish canned fish breaded fish fingers
Eggs 	<ul style="list-style-type: none"> soft-boiled eggs, poached eggs steamed scrambled eggs omelette fried without fat or with a small amount of fat 	<ul style="list-style-type: none"> hard-boiled eggs eggs fried in a large amount of fat: butter, bacon or lard eggs with mayonnaise or fatty sauces



Recommended and not recommended products in an easily digestible diet

Product group	Recommended	Not recommended
Legumes and legume products 	<ul style="list-style-type: none"> unsweetened soy drink natural tofu 	<ul style="list-style-type: none"> all, e.g. soybeans, chickpeas, peas, lentils, beans, broad beans legume spreads soy flour legume pasta, e.g. from beans or peas
Fats 	<ul style="list-style-type: none"> vegetable fats, e.g. olive oil, canola oil, linseed oil butter and clarified butter, mixtures of butter with vegetable oils, soft margarines 	<ul style="list-style-type: none"> lard, сало (ślanina) hard margarine (blocks) tropical oils: palm, coconut
Nuts and seeds 	<ul style="list-style-type: none"> not recommended 	<ul style="list-style-type: none"> nuts, e.g. walnuts, hazelnuts seeds, e.g. from pumpkin or sunflowers salted, in chocolate, caramel, honey, sprinkles, breading and in chips
Sweets, desserts and salty snacks 	<ul style="list-style-type: none"> homemade yeast cake/apple pie kissels, jellies, unsweetened pudding, sponge cakes, rusk, Challah low-sugar seedless fruit jams honey dark chocolate (70% cocoa minimum) 	<ul style="list-style-type: none"> sugar, glucose-fructose syrup, fructose high-sugar preserves and jams milk and white chocolates, chocolate products sugar-free candies and unsweetened gums containing sugar alcohols such as sorbitol, mannitol and xylitol salty snacks ice-cream cream cakes, pies, cakes, chocolate bars, whipped cream, doughnuts, Angel wings (faworki) candies, halva
Beverages 	<ul style="list-style-type: none"> still mineral water weak black, green or fruit tea vegetable broth herbal infusions cereal coffee, decaffeinated coffee komposts unsweetened plant drinks (e.g. from rice, oats or almond) 	<ul style="list-style-type: none"> natural coffee sparkling water flavoured 'waters' fruit juices and nectars sweet soda and non-carbonated drinks with added sugar/glucose-fructose syrup/fructose energy drinks alcoholic drinks
Spices and sauces 	<ul style="list-style-type: none"> herbal pepper lemon balm, cinnamon, vanilla, cloves, caraway, allspice, saffron dried herbs, e.g. parsley, dill, lovage, marjoram, thyme, oregano, tarragon, basil, herbes de Provence, ginger, rosemary sweet paprika lemon juice, lime juice 	<ul style="list-style-type: none"> bouillon cubes salt, e.g. table salt, Himalayan salt, sea salt spice mixtures containing large amounts of salt liquid flavour enhancing spices ready-made sauces mayonnaise hot spices: garlic, onion, pepper, chilli/hot pepper mustard, horseradish, vinegar
Prepared meals 	<ul style="list-style-type: none"> soups based on weak vegetable or lean meat broths meat and fish prepared using the recommended cooking methods rice, groats and pasta (from the (recommended column) slightly sticky dumplings (kopytka), Silesian dumplings, batter dumplings (boiled in water), water-boiled dumplings stuffed with lean meat or cottage cheese, pancakes fried without oil 	<ul style="list-style-type: none"> soups based on fatty meat broths soups and sauces thickened with roux instant soups and sauces, instant ramen fast foods e.g. fries, hamburgers, hot dogs, kebab, toasted open-faced sandwich (zapiekanka) ready-made foods (in jars, breaded) breaded meat and fish
Technological processing of food 	<ul style="list-style-type: none"> boiling steaming grilling (electric grill, grill pans, using special trays for meals prepared in charcoal/garden barbecues) baking in foil, parchment paper or in a covered dish without added fat* frying without fat* stewing without pre-frying <p><i>* avoid using fat for preparing your meals. However, small amounts of vegetable fat, e.g. olive oil or canola oil are acceptable on an occasional basis.</i></p>	<ul style="list-style-type: none"> deep frying stewing with prior deep-frying baking in large amounts of fat breeding

Quality menu ideas for easily-digestible diet

BREAKFAST:

Spinach omelette

- eggs
- spinach
- olive oil
- wheat roll
- butter
- peeled tomato



LUNCH:

Chicken and vegetable paste sandwiches

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| • cooked chicken (from broth) | • red bell pepper |
| • carrot | • marjoram |
| • parsley root | • graham roll |
| • celery | • lettuce |
| | • peeled tomato |

DINNER:

Baked cod with mashed potatoes and carrot salad

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| • cod fillet | • potatoes |
| • lemon juice, dill, dried basil, herbes de Provence | • butter |
| | • carrot |
| | • apple |

AFTERNOON SNACK:

Stewed fruit millet pudding

- millet flakes
- 2% milk
- stewed peach and apple

SUPPER:

Couscous with roasted vegetables and light mozzarella cheese

- couscous groats
- baked zucchini
- roasted pumpkin
- baked parsley
- light mozzarella cheese
- olive oil
- thyme, oregano