



## GVHD Phase B & C Diet

These are the second and third diets in a series of three designated as a trial diet to evaluate tolerance to oral intake. The diet is bland, low fiber, and low fat. In Phase C your care provider may allow some dairy containing items.

### Breakfast (Available all day)

Scrambled Eggs  
 Scrambled Eggbeaters  
 Hard Boiled Egg  
 Corn Flakes  
 Honey Nut Cheerios  
 Cream of Wheat  
 Baby Rice Cereal  
 White Bread Roll  
 White Bread (gluten-free)  
 Flour Tortilla (6")  
 Pancake

### Fruit

Banana  
 Applesauce  
 Pureed peaches or pears

### Allowed on GVHD C Diet only

Yogurt (Plain or Vanilla)  
 Low-fat Cottage Cheese

### Homemade Soups

Chicken Noodle Soup  
 Plain or Chicken Rice Porridge  
 Savory Creations Broth  
 (Chicken or Vegetable)

### Entrees (Available after 11 am)

Chicken Breast  
 Chicken Breast w/ Demi Glace  
 Plain Spaghetti Noodles  
 Plain Elbow Macaroni Noodles (gluten-free)

### Side Orders

Steamed carrots  
 "Allergy" Mashed Potatoes (dairy-free)  
 White Bread Roll  
 White Bread (gluten-free)  
 Flour Tortilla (6")





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### Snacks

Pretzels  
 Honey Graham crackers  
 Saltine Crackers  
 Annie's Bunny Friends  
 (chocolate & vanilla cookies)

### Dessert

Regular or Sugar-Free Jello  
 (ask for available flavors)  
 Popsicles  
 (ask your nurse)

### Beverages

Lactose Free Milk  
 Vanilla Almond Milk  
 Vanilla Soy Milk  
 1/2 strength Apple Juice  
 1/2 strength Cranberry Juice  
 Shasta Lemon-Lime Diet Soda  
 LaCroix Sparkling Water  
 Ginger ale  
 Gatorade  
 Chamomile Tea  
 Hot Water

### Condiments

Salt  
 Sugar  
 Brown sugar  
 Jelly (Regular/Sugar free)  
 Honey  
 Syrup  
 Butter  
 Smart Balance Margarine  
 Soy Sauce

### Allowed on GVHD C Diet only

Ketchup  
 Mustard  
 Low-fat Mayonnaise  
 BBQ Sauce

### Baby Food Jars (served unheated)

Apples Blueberry Oat  
 Sweet Potato  
 Turkey Vegetable

