



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

