



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

Scrambled Eggs
Scrambled Eggbeaters
Hard Boiled Egg
White Bread
Cream of Wheat
Corn Flakes
Cocoa Koala Crispiers
Baby Rice Cereal
Pancake

Fruit and Yogurt

Organic Banana
Organic Applesauce
Canned Fruit (Peaches / Pears)
Pureed peaches / pears

Homemade Soups

Soup of the Day (varies)
Chicken Noodle Soup
Plain or Chicken Juk
Savory Creations Broth—Beef, Chicken,
Vegetable

Entrees (Avail after 11 am)

Chicken Breast w/ Demi Glace
Plain Chicken/Turkey Breast
Plain Steamed White Fish
Lightly Seasoned White Fish
Plain or Buttered Pasta
Cheese Ravioli (phase C)
Gluten free elbow noodles
Chicken Taco
Turkey Sandwich

Side Orders

Steamed carrots
“Allergy” Mashed Potatoes (no
dairy)
White Bread Roll
White Rice
Tortilla Flour (6’)
Pureed Mixed Vegetables
Pureed Carrots





Snacks

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

Dessert

Citrus Jello—Orange,
Tropical
Popsicles (ask your nurse)

Beverages

Lactose Free Milk
Organic Almond Milk
Soy Milk
1/2 strength Apple Juice
1/2 strength Cranberry Juice
Chamomile Lemon Tea
Shasta Sparkling Water
Ginger ale
Gatorade-Lemon Lime

Condiments

Salt
Sugar
Brown sugar
Butter
Margarine
Jelly (Regular/Sugar free)
Honey
Syrup

Baby food jars

Apples
Banana
Pears
Peas
Carrots
Sweet potatoes
Turkey & Squash

Purees

Turkey

Bite Sized

Sweet potatoes

