



GVHD Step 1 Diet



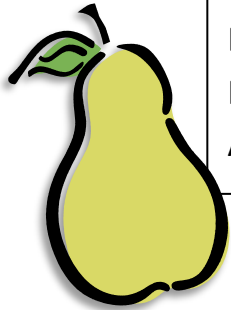
Your doctor has prescribed a GVHD Step 1 diet for you during your stay. This diet will help reduce gastrointestinal discomfort (abdominal, pain, nausea, vomiting, diarrhea) after eating.

Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below.

Breakfast:

Fruit

Pear Halves
Banana
Peach Slices
Applesauce

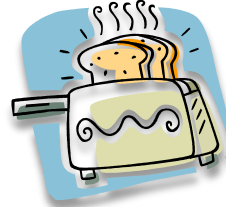


Cereals

Grits
Cream of Wheat
Rice Krispies

Bakery

Bagel
English Muffin



Lunch/Dinner:

On the Side

Mashed Potatoes
Parsley Boiled
Potatoes
Rice
Plain Spaghetti Pasta
Dinner Roll
Bread Dressing



Deli

White Bread
Tortilla Wrap

Soup

Chicken Broth
Beef Broth
Vegetable Broth



Beverages

Juices: Apple/Grape/Cranberry
Lactaid Milk
Decaf Coffee
Decaf Tea
Sodas: Ginger ale/ Lemon Lime/Crystal Light®

Desserts

Vanilla Wafers
Graham Crackers
Angel Food Cake
Sherbet: Lime/Orange
Popsicles
Gelatin
Lemon Fruit Ice

