



GVHD Step 2 Diet



Your doctor has prescribed a GVHD Step 2 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.

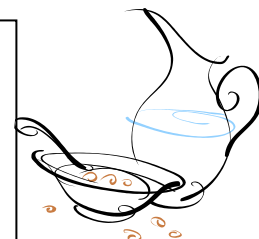
Breakfast:

Entrees

Scrambled/Low Cholesterol/Hard Boiled
Omelet with Choice of:
Cheese/Ham/Mushroom
Turkey Sausage

Cereals

Grits
Cream of Wheat
Cheerios
Frosted Flakes
Corn Flakes
Special K
Rice Krispies
Raisin Bran



Bakery

Bagel
English Muffin
White Bread

Fruit

Banana
Applesauce
Pear Halves
Fresh Fruit Cup
Peach Slices



Lunch/Dinner:

Entrees

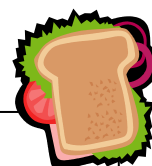
Crispy Baked Tilapia
Grilled Vegetable Wrap
Pot Roast
Grilled Chicken Sandwich
Roast Turkey Breast
Glazed Chicken Breast
Glazed Pork Loin
Veggie Burger

Soup

Chicken Noodle
Garden Vegetable Soup
Chicken Broth
Vegetable Broth
Beef Broth

Deli

White Bread
Tortilla Wrap
Roast Beef
American Cheese
Turkey
Ham



On the Side

Mashed Potatoes
Penne Pasta
Yellow corn
Squash
Zucchini
Dinner Roll
Plain Spaghetti Pasta
Green Beans
Rice
Sliced Carrots
Bread Dressing



Desserts

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

Beverages

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

