



Meat, fish, poultry, and protein

Eat

- Tender cuts of meat
- Ground meat
- Tofu
- Fish and shellfish
- Smooth peanut butter
- Eggs

Bake, broil, or poach meats, and use mild seasonings. Try preparing meats as stews, roasts, meatloaves, casseroles, sandwiches, and soups using ingredients on the approved lists.

Scramble, poach, or boil eggs; or make omelets, soufflés, custard, puddings, and casseroles, using ingredients noted below. You might want to ask your doctor, nurse, or dietitian about other foods may be OK for you to eat, and find out when you can go back to your normal diet.

Avoid

- All beans, nuts, peas, lentils, and legumes
- Processed meats, hot dogs, sausage, and cold cuts
- Tough meats with gristle

Dairy: Milk and cheese

Eat

Only in small to medium amounts and only if they don't cause problems for you

- Milk, chocolate milk, buttermilk, and milk drinks
- Yogurt without seeds or granola
- Sour cream
- Cheese
- Cottage cheese
- Custard or pudding

- Ice cream or frozen desserts (without nuts)
- Cream sauces, soups, and casseroles

You can use these items in desserts, snacks, or breads.

Bread, cereals, and grains

Eat

- White breads, waffles, French toast, plain white rolls, or white bread toast
- Pretzels
- Plain pasta or noodles
- White rice
- Crackers, zwieback, melba, and matzoh (no cracked wheat or whole grains)
- Cereals without whole grains, added fiber, seeds, raisins, or other dried fruit

Use white flour for baking and making sauces. Grains, such as white rice, Cream of Wheat, or grits, should be well-cooked.

Include the above grains in casseroles, dumplings, soufflés, cheese strata, kugels, and pudding.

Avoid any food that contains

- Brown or wild rice
- Whole grains, cracked grains, or whole wheat products
- Kasha (buckwheat)
- Corn bread or corn meal
- Graham crackers
- Bran
- Wheat germ
- Nuts
- Granola
- Coconut
- Dried fruit
- Seeds

Vegetables and potatoes

Eat

- Tender, well-cooked fresh or canned vegetables without seeds, stems, or skins
- Cooked sweet or white potatoes without skins
- Strained vegetable juices without pulp or spices

You can also eat these with cream sauces, or in soups, soufflés, kugels, and casseroles.

Avoid

- All raw or steamed vegetables
- All types of beans
- Potatoes with skin
- Peas
- Corn
- Cabbage, broccoli, cauliflower, Brussels sprouts, and greens
- Sauerkraut
- Onions

Fruits and desserts

Eat

- Soft canned or cooked fruit without seeds or skins (small amounts)
- Small amounts of well-ripened banana
- Strained or clear juices

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