

# GVHD Step 1

Your doctor has prescribed a GVD Step 1 diet for you during your stay. The diet will help reduce gastrointestinal discomfort (abdominal pain, nausea, vomiting, diarrhea) after eating. Our suggestions when ordering your meal for your special diet are listed below.

## Breakfast

### Sides

- Cold Cereal: Rice Chexx or Cornflakes,
- Hot Cereal: Grits or Cream of Wheat
- Bagel (plain)
- White Bread Toast (plain)

### Fruit

- Banana
- Pear Halves
- Peach Slices
- Applesauce

## Lunch/Dinner

### Sides

- Mashed Potatoes
- White Rice
- Dinner Roll

### Veggies

- Green Beans
- Carrots
- Sweet Potato Fries

### Soup

- Broth: Beef, Chicken, or Vegetable

## Desserts

- Vanilla Wafers
- Angel Food Cake
- Regular/Diet Gelatin (Berry or Citrus)
- Graham Crackers
- Popsicles

## Beverages

### Hot

- Decaf Coffee
- Decaf Hot Tea

### Cold

- Gingerale
- Lemon Lime Soda
- Lemonade
- Juices: apple, grape, cranberry

\*Refer to At Your Request regular tri-fold patient menu for detailed list of options.

# GVHD Step 2

Your doctor has prescribed a GVD Step 1 diet for you during your stay. The diet will help reduce gastrointestinal discomfort (abdominal pain, nausea, vomiting, diarrhea) after eating. Our suggestions when ordering your meal for your special diet are listed below.

## Breakfast

### Entrees

- Low Cholesterol Scrambled Eggs
- Scrambled Tofu
- Hard Boiled Egg
- Pancakes (Buttermilk)
- Create-Your-Own Burrito or Omelet\*  
*Low Cholesterol Eggs, Diced Ham, Tofu Scramble, Flour or Corn Tortilla, Cheddar or Swiss Cheese, No Veggies*

### Sides

- Cold Cereal: Rice Chex , Cornflakes, Frosted Fakes
- Hot Cereal: Grits or Cream of Wheats
- Bagel: Plain or Cinnamon
- White Bread
- Biscuit
- Turkey Sausage

### Fruit

- Banana
- Pear Halves
- Peach Slices
- Applesauce

## Lunch/Dinner

### Entrees

- Herb Baked Chicken Breast
- Roast Turkey Breast
- Crispy Baked Fish
- Create-Your-Own Deli Sandwich\*( *Ham, Turkey, Roast Beef, Chicken, & No Veggies*)
- Create-Your-Own Grill Sandwich\*(*No veggies*)
- Create- Your-Own Burger\* (Hamburger, Turkey Burger, Chicken Breast, No Veggies)
- Create Your Own Pasta: Plain Spaghetti or Cheese Tortellini

### Sides

- Mashed Potatoes
- White Rice
- Dinner Roll

### Veggies

- Green Beans
- Carrots
- Baked French Fries
- Baked Sweet Potato Fries

### Soup

- Chicken Noodle Soup
- Broth: Beef, Chicken, or Vegetable

## Desserts

- Vanilla Wafers
- Angel Food Cake
- Regular/Diet Gelatin (Berry or Citrus)
- Graham Crackers
- Regular/Sugar Free Popsicles

## Beverages

### Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Cocoa (Reg or SF)

### Cold

- Gingerale
- Lemon Lime Soda
- Lemonade
- Lactaid /Soy Milk
- Juices: Apple, Grape, Cranberry

\*Refer to At Your Request regular tri-fold patient menu for detailed list of options.