



# GVHD Step 1 Diet



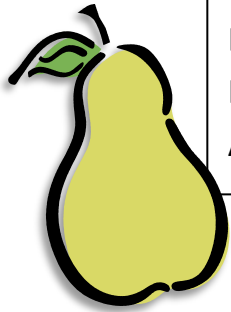
Your doctor has prescribed a GVHD Step 1 diet for you during your stay. This diet will help reduce gastrointestinal discomfort (abdominal, pain, nausea, vomiting, diarrhea) after eating.

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

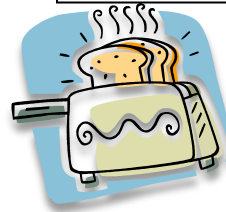


### Cereals

Grits  
Cream of Wheat  
Rice Krispies

### Bakery

Bagel  
English Muffin



## Lunch/Dinner:

### On the Side

Mashed Potatoes  
Tater Tots  
White Rice  
Plain Spaghetti Pasta  
Dinner Roll



### 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

