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