

Diet Instruction: Bland Diet

1. Description of Patient and Diagnosis

a. Patient:

Client name: Anthony Cicero

DOB: 2/15

Age: 37

Sex: Male

Education: College Degree, Law Degree

Occupation: Lawyer

Hours of work: 70 hours/week

Household members: Lives with his wife Rosanna age 34, son Michael age 7, and daughter Francesca age 3.

Ethnic background: Italian

Religious affiliation: Catholic

Referring physician: P. A. Rocco, MD

Chief complaint:

“For about 6 weeks now I have had horrible abdominal pain and a pretty consistent burning sensation. My symptoms worsen every time I eat food, and are even worse at night. My wife said that I am not eating as much as I used to, and I tell her it is because I do not have much of an appetite.”

Patient history:

Mr. Cicero is a 37-yo male lawyer, who recently was assigned a very important case. He has been working at the office at least 70 hours a week, and has been significantly stressed. A majority of his meals have been fast food because he does not have time to sit and eat a home cooked meal. Therefore, he has been picking up McDonalds or Chipotle on a regular basis since those restaurants are down the block from the firm he works at. Mrs. Cicero said that whenever he gets a chance to relax, he indulges in a Scotch, sometimes two or three a night. Mrs. Cicero also noted that her husband has lost about 7 pounds in the last month.

Onset of disease: 6 weeks

Meds: Aspirin for occasional backaches

Smoker: Yes. ½ pack per day

Anthropometric Data:

Height: 5'10"

Weight: 205 lbs

Vitals: Temp 97.6°F, BP 135/90 mm Hg

Nutrition Hx:

General: Appetite has been poor.

Usual dietary intake:

Breakfast: Black coffee – 2 cups
McDonalds Breakfast Burrito

Lunch: Chipotle Burrito Bowl with white rice, steak, tomato salsa, corn salsa, extra hot salsa, sour cream, cheese, and lettuce
Tortilla chips and guacamole
12 oz. Coca-Cola

PM snack: Black coffee – 2 cups

Dinner: Spaghetti and Meatballs with a vodka cream sauce
Side salad with vinagrette dressing
Scotch on the rocks with lemon

HS snack: Slice of chocolate cake

24-hr recall:

Breakfast: Black coffee – 2 cups
McDonalds Egg McMuffin
McDonalds Hasbrown

Lunch: No appetite/time for lunch, just a 12 oz. Coca-Cola

PM Snack: Black coffee

Dinner: 1 piece of Spicy Italian Sausage
Garlic bread

HS Snack: 2 glasses of Scotch on the rocks with lemon

Food allergies/intolerances/aversions (specify): None

Previous MNT? No

Food purchase/preparation: Self and wife

Vit/min intake: None

Diet order: Bland diet

Tx plan:

Antibiotic to kill *H. pylori*

Proton Pump Inhibitor (PPI): suppresses acid production by halting the mechanism that pumps acid into the stomach

Nutrition consultation for education on Bland Diet, which will assist in the reduction or elimination of symptoms

b. Diagnosis:

After Dr. Rocco listened to his symptoms, stress, and intake of caffeine, alcohol, cigarettes, and high-fat foods, the physician decided to perform an endoscopy to determine if an ulcer was present. The endoscopy revealed a peptic ulcer. The

physician also conducted a urea breath test to confirm the presence of *H. pylori*. Peptic ulcer disease involves ulcerations of the mucosa of the gastrointestinal tract and can occur in the esophagus, stomach, duodenum, and jejunum. This break in the mucosa results in a crater surrounded by an acute and chronic inflammatory cell infiltrate.

2. Discussion of Disease:

a. Etiology:

An ulceration can develop in the following conditions:

- The stomach produces excess amounts of pepsin and acid
- The lining of the stomach or duodenum is impaired and is more susceptible to damage from gastric acid and pepsin

Factors that may affect the mucosal integrity include the following:

- *Helicobacter pylori infection*: *Helicobacter pylori* bacteria commonly live in the mucous layer that covers and protects tissues that line the stomach and small intestine. Often, *H. pylori* causes no problems, but it can cause inflammation of the stomach's inner layer, producing an ulcer
- *Aspirin*: aspirin or certain over-the-counter and prescription pain medications can irritate or inflame the lining of your stomach and small intestine.
- *Nonsteroidal, anti-inflammatory drugs*
- *Alcohol*: alcohol can irritate and erode the mucous lining of your stomach, and it increases the amount of stomach acid that is produced.
- *Steroids*

Factors that decrease the blood supply to the gastric or duodenal mucosa include the following:

- Smoking
- Stress
- Injury

Factors that increase acid secretion include the following:

- Foods:
 - Pepper
 - Alcohol
 - Caffeine
- Rapid gastric emptying
- Stress
- Other conditions such as Zollinger-Ellison syndrome

b. Diagnostic Measures

- Tests for *H. pylori*:
 - Blood: a blood sample is taken from the patient's vein and tested for *H. pylori* antibodies
 - Urea Breath Test: the patient swallows a capsule, liquid, or pudding that contains urea "labeled" with a special carbon atom. After a few minutes, the patient breathes into a container,

exhaling carbon dioxide. If the carbon atom is found in the exhaled breath, *H. pylori* is present, as this bacterium contains large amounts of urease, a chemical that breaks urea down into carbon dioxide

- Stool: the patient provides a stool sample, which is tested for *H. pylori* antigens
- Endoscopy of the gastrointestinal tract
 - During an endoscopy, the physician passes a hollow tube equipped with a lens down the throat and into the esophagus, stomach, and small intestine. Using the endoscope, the physician will look for ulcers. If the doctor detects an ulcer, small tissue samples may be removed for examination in a lab. A biopsy can also identify the presence of *H. pylori* in the stomach lining
 - A doctor is more likely to recommend endoscopy if the patient is older, having signs of bleeding, or have experienced recent weight loss or difficulty eating and swallowing.
- X-ray of upper digestive system
 - This procedure is sometimes called a barium swallow or upper gastrointestinal series. This series of X-rays creates images of your esophagus, stomach, and small intestine. During the X-ray, the patient swallows a white liquid, containing barium, which coats the digestive tract and makes an ulcer more visible.
- Tests to determine contributions from other conditions that may contribute to hypersecretion (Zollinger-Ellison Syndrome) include the following:
 - Serum gastrin
 - Secretin stimulation test

c. Treatment:

i. Medical, surgical, and/or psychological treatment

The treatment for peptic ulcers depends on the cause. Treatments can include:

- *Antibiotic medications to eliminate H. pylori:* if *H. pylori* is found within the digestive tract, the physician may recommend a combination of antibiotics to kill the bacterium
- *Medications that block acid production and promote healing:* proton pump inhibitors reduce stomach acid by blocking the action of the parts of cells that produce acid. These drugs include the prescription and over-the-counter medications omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), esomeprazole (Nexium), and pantoprazole (Protonix).
- *Medications to reduce acid production:* Acid blockers – also called histamine (H-2) blockers – reduce the amount of stomach acid released into your digestive tract, which relieves ulcer pain and encourages healing. Available by prescription or over-the-counter,

acid blockers include the medications ranitidine (Zantac), famotidine (Pepcid), cimetidine (Tagamet), and nizatidine (Axid).

- *Antacids that neutralize stomach acid:* antacids neutralize existing stomach acid and can provide rapid pain relief, but generally are not used to heal the ulcer.
- *Medications that protect the lining of your stomach and small intestine:* in some cases, the physician may prescribe medications called cytoprotective agents that help protect the tissues that line your stomach and small intestine. Options include the prescription medications sucralfate (Carafate) and misoprostol (Cytotec). Another nonprescription cytoprotective agent is bismuth subsalicylate (Pepto-Bismol)

ii. Medical Nutrition Therapy treatment for client

Nutrition therapy for peptic ulcer disease calls for the following:

- Optimize nutritional intake to correct any deficiencies and to meet nutrition needs
- Avoid foods that potentially increase gastric acid secretion or can damage the gastric mucosa
 - Alcohol
 - Pepper
 - Caffeine
 - Tea
 - Coffee (including non-caffeinated)
 - Chocolate
- Identify foods that directly irritate the gastric mucosa or are not individually tolerated
- Avoid eating at least 2 hours before bedtime

Bland Diet:

- A bland diet is made up of foods that are soft, not very spicy, and low in fiber
- Alcoholic and caffeinated beverages should be avoided
- Smoking should be ceased

iii. Prognosis

Treatment for peptic ulcers is often successful, leading to ulcer healing. Along with the medication to kill the H. Pylori, the Bland diet will eliminate any stimulating, irritating, and seasoned products from the diet. It is crucial to take the prescribed medications according to the directions, cease regular tobacco use, and discontinue use of pain relievers that increase the risk of ulcers to ensure that the ulcer heals properly.

3. Client Instruction Materials

The purpose of a bland diet is to alleviate the gastric distress the patient is having. Therefore, the foods included are limited to non-stimulating, non-irritating and mildly seasoned products. This diet should be well balanced and individualized according to the patient's appetite and food tolerance. With time and recovery, the patient may be able to expand this diet to their individual tolerances.

The following recommendations may help provide some relief:

- Avoid alcohol, cigarette smoking, aspirin, and other non-steroidal anti-inflammatory agents
- Avoid frequent meals and or bedtime snacks to prevent increased acid secretion, unless you note you gain relief from certain foods.
- Foods and seasonings that stimulate gastric acid secretion such as caffeine, black pepper, garlic, cloves, and chili powder should be limited
- Do not eat within two hours of bedtime,
- Omit any particular foods that cause discomfort.
- Eat a well-balanced diet that includes a variety of foods
- Cook by baking, boiling, broiling, roasting, stewing, microwaving or creaming. Avoid frying

Usual dietary intake:

- Breakfast:* Black coffee – 2 cups
McDonalds Breakfast Burrito
- Lunch:* Chipotle Burrito Bowl with white rice, steak, tomato salsa, corn salsa, extra hot salsa, sour cream, cheese, and lettuce
Tortilla chips and guacamole
12 oz. Coca-Cola
- PM snack:* Black coffee – 2 cups
- Dinner:* Spaghetti and Meatballs with a vodka cream sauce
Side salad with vinaigrette dressing
Scotch on the rocks with lemon
- HS snack:* Slice of chocolate cake

24-hr recall:

- Breakfast:* Black coffee – 2 cups
McDonalds Egg McMuffin
McDonalds Hashbrown
- Lunch:* No appetite/time for lunch, just a 12 oz. Coca-Cola
- PM Snack:* Black coffee
- Dinner:* 1 piece of Spicy Italian Sausage
Garlic bread
- HS Snack:* 2 glasses of Scotch on the rocks with lemon

Sample Meal Plan:

Meal	Food Choices
Breakfast	¾ cup of oatmeal ½ cup of canned peaches 8 oz skim milk
Lunch	Chipotle Burrito Bowl with white rice, chicken, cheese, and lettuce 12 oz. Orange Juice
PM Snack	Creamy peanut butter and crackers made with refined white flour
Dinner	½ cup Spaghetti with red sauce, grilled chicken ½ cup of cooked green beans ½ cup of applesauce 8 oz. skim milk 8 oz. water
HS Snack	-----

Client Instructions

Breakfast:

- Exchange McDonalds Breakfast Burrito for oatmeal
- Exchange black coffee for skim milk
- Include canned peaches

Lunch:

- Eliminate tomato, corn, and hot salsa
- Eliminate sour cream because of high fat content
- Eliminate the guacamole
- Eliminate Coca Cola for orange juice

PM Snack:

- Eliminate coffee for water
- Include creamy peanut butter and crackers

Dinner:

- Exchange spicy/processed meats, e.g. sausage for grilled chicken
- Exchange vodka sauce for red sauce
- Exchange side salad for cooked green beans
- Include apple sauce
- Eliminate garlic bread
- Exchange scotch for skim milk

HS Snack:

- Eliminate chocolate cake
- Eliminate scotch on the rocks

****Client should not consume any food stuff 2 hours prior to bed time**

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