

BRAT Diet

(Bananas, Rice, Applesauce, Toast)

Nausea and vomiting may be caused by viruses, food poisoning, medications, alcohol, anxiety, and pregnancy. In addition, nausea may be a sign of an upper respiratory illness with a post nasal drip.

Diarrhea may begin suddenly and resolve over a few days with dietary discretion. Causes of diarrhea are similar to the ones listed for nausea and vomiting.

First 6-8 hours: In the first 6-8 hours after nausea and vomiting have stopped, it is best to give your stomach a rest. Try sucking on hard candy or popsicle (no chewing). Then progress to ice chips or sips of water if nausea persists.

Next 12-16 hours: Gradually add clear liquids if the vomiting has stopped. Beginning with a sip or two every ten minutes is a good way to start. Water, apple juice, flat soda, weak tea, jello, broth or bouillon (clear based from a non greasy soup are suggestions. If symptoms of nausea, vomiting, or diarrhea return, begin the process again, taking nothing by mouth for an hour or so.

Day 2: Begin to add bland foods like bananas, rice, applesauce, crackers, cooked cereals (Farina, Cream of Wheat) toast and jelly.

Day 3: Progress to a "regular diet" by adding such things as soft cooked eggs, sherbet, stewed fruits, cooked vegetables, white meat of chicken or turkey.

Foods to avoid:

- Avoid all dairy products for 3 days
- Avoid fried, fatty, greasy, and spicy foods
- Avoid pork, veal, salmon, and sardines
- Avoid raw vegetables, (parsnips, beets, sauerkraut, corn on the cob, cabbage family, onions)
- Avoid extremely hot or cold beverages
- Avoid alcohol
- Avoid coffee and caffeinated beverages

Drink plenty of water to avoid dehydration from fluid losses due to your illness.

Rest and avoid exertion to give your body a chance to recover.