

## B.R.A.T. DIET FOR GASTROENTERITIS

You have been diagnosed with GASTROENTERITIS (or stomach flu) which is a viral illness. It is usually self-limiting and you should start feeling better within the next 2 days. While you are ill and recovering from this illness, you should rest and be careful to follow these diet instructions:

### FIRST 24 HOURS

**FLUIDS:** If you are very nauseated or vomiting, limit your intake to ice chips and sips of **CLEAR FLUIDS**. Clear fluids are sodas (ginger ale, sprite, coke (flat and room temperature). Juices (avoid citrus juices), broth, teas, Jell-O. If you are very hungry, you may have crackers or dry toast. **DO NOT** drink alcoholic beverages.

### SECOND DAY

**B.R.A.T. DIET:** Bananas, rice, apples, applesauce, tea, toast. This is especially recommended for diarrhea.

### THIRD DAY

**BLAND FOOD AS TOLERATED:** Plain vegetables, lean meats without sauces, fruit, salads (without heavy dressing), potatoes (no butter or sour cream), pasta without sauce. The point is to eat easily digestible foods as you can tolerate them

**IF SYMPTOMS RECUR, GO BACK TO DAY ONE AND START AGAIN**

**DO NOT EAT:**

- Milk or milk products (avoid for one week)
- Fried foods
- Spicy foods
- Highly acidic food (citrus, tomato)

If you are “achey”, this may be due to dehydration so drink more. At least 8 to 10 large glasses of fluid a day until you feel better. You may take Tylenol (acetaminophen) for muscle ached. Do not take Ibuprophen (Motrin).

**SEE YOUR PRIMARY CARE PHYSICIAN OR SEEK EMERGENCY CARE IF:**

- Your temperature is over 100
- Vomiting or diarrhea persists for more than 2 days
- You note increased abdominal pain