

# BRAT DIET

## **Dietary Guidelines for Patients with Nausea, Vomiting and Diarrhea**

Gastroenteritis is a stomach infection usually caused by a virus. It usually causes diarrhea, fever and vomiting with a loss of appetite. The following are some suggestions to help your child or infant get through this illness. **NOTE: Vomiting usually lasts about 24-48 hours, and diarrhea may last up to a week.**

1. Any time an infant or child vomits, you should not give anything by mouth for 1 hour, then you may give ice chips, Pedialyte, fruit flavored Popsicles or Freeze pops after the first hour.
2. If no vomiting occurs, then for the next two hours, you may give sips of water, Pedialyte, juice or Gatorade. **\*Avoid sodas, milk and apple juice.**
3. If no vomiting, after doing above, then you may give the following foods until diarrhea resolves:

Bananas, other fruits, vegetables, plain bread, or crackers

- Rice, rice cereal, mashed potatoes, or soup
- Applesauce, peeled apples
- Toast
- Yogurt

If vomiting recurs at any time, follow Steps 1 through 3 again.

When symptoms have resolved for 24 hours on the BRAT diet, lean meats (remove skin from poultry); fruits and vegetables should be tried gradually.

**Avoid dairy products, fried, spicy or fatty foods until diarrhea is resolved.**

PREVENTION: Hand washing after diaper changing or using the bathroom. Diaper rash from diarrhea can be prevented by applying diaper rash cream (like Desitin, A & D Ointment or Balmex) after each diaper change.

Please call the office if the child complains that his/her mouth is dry, no tears when crying, blood visible in vomit or diarrhea, no urination in 24 hours, child difficult to awaken or seems confused, or if the child acts extremely sick, has a high fever for more than 3 days, or develops body rash that looks like bruising.