

Diet for Control of Vomiting and Diarrhea



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

Nutrition Guidelines:

- 1 Use a liquid only diet for not more than 24 hours. Choose liquids which are high in glucose (sugar) and sodium. Avoid milk, cheese, ice cream, pudding, yogurt, and cream soups.



Food Groups

Foods Allowed

Foods Not Allowed

Soups

Bouillon, consommé, or clear broth

All other

Sweets and desserts

Clear fruit-flavored or unflavored gelatin; fruit ice made from clear fruit juice; plain hard candy; sugar; honey; sugar substitutes; frozen pops

All others and any not tolerated or contraindicated by medical condition

Miscellaneous

Commercially prepared low-residue, lactose-free nutritional supplements; herbs and mild seasonings, salt, and flavor extracts

Pepper and spices, all others

- 2 When symptoms stop, add some solid food. For 24 hours choose foods such as: crackers, white bread or toast without butter, rice, bananas, applesauce, cooked cereals (cream of wheat, or rice), fruit or vegetable juice.

- 3 Remember "**BRAT**":

- Bananas
- Rice
- Applesauce
- Tea
- Toast

- 4 If you remain free from symptoms continue to progress diet for the next 12-24 hours to include: potatoes (not fried), soups, soft eggs, custards, puddings, white meat (turkey, chicken), cottage cheese.

- 5 If all goes well, resume a regular diet, but avoid highly seasoned foods, greasy or fried foods, heavy fatty foods, excessively hot or cold foods, raw vegetables, coffee, colas, milk products (other than cottage cheese, custard, yogurt and pudding). Avoid these foods for about 1 week after your symptoms have stopped.

If your symptoms return, start back at number 1 and repeat the diet instructions.

Contact your doctor if you have:

- Fever greater than 102 degrees
- Severe abdominal pain
- Excessive or persistent nausea, vomiting or diarrhea
- Blood in your vomit or stool

Anything's possible.

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