BRAT Diet for Nausea, Vomiting, or Diarrhea

The BRAT diet consists of foods that are bland and gentle on the stomach.

If you are feeling nauseous, queasy, or are vomiting, it may be hard to hold down food. Some foods may even make your symptoms worse. Additionally, if you are experiencing diarrhea, this diet helps solidify stools

**BRAT:** Is an acronym for **B**ananas, **R**ice, **A**pples, and **T**oast.

The diet does not need to consist of only these foods, and depending on the severity of your nausea, vomiting, or diarrhea, you may need to introduce solids back into your diet over the course of a few days.

**Sample Diet**

**First six hours:** In the immediate six or so hours after vomiting has stopped, it is best to give your stomach a rest. Following a period of one to two hours, suck on hard candy or popsicle (no chewing). Then progress to ice chips or sips of water if nausea persists.

**First 24 hours:** (Day One) Gradually add clear liquids if the vomiting has ceased. Beginning with a sip or two every ten minutes is a good way to start. Suggestions include water, apple juice, flat soda, weak tea, jello (in liquid or gelatin form), broth or bouillon (clear base from a non-greasy soup). If symptoms of nausea or vomiting return, begin the process again, taking nothing by mouth for an hour or so.

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

**Day Three:** 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 milk and dairy products for three days.
* Avoid fried, fatty, greasy and spicy foods.
* Avoid pork, veal, salmon, and sardines.
* Avoid raw vegetables such as parsnips, beets, sauerkraut, corn on the cob, cabbage family, onions.
* Avoid citrus fruits: pineapples, oranges, grapefruits, tomatoes.
* Other fruits to avoid are cherries, grapes, figs, currants, raisins, rhubarb, seeded berries.
* Avoid extremely hot or cold beverages.
* Avoid alcohol.
* Avoid coffee and caffeinated sodas.

**Additional Health Guidelines**

* Drink plenty of water or liquids to avoid dehydration from fluid losses due to your illness.
* Rest and avoid exertion to give your body a chance to recover.
* Consult your health care provider about taking medication.
* 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 be "acute", beginning suddenly and resolving over a few days with dietary discretion, or of a "chronic" ongoing process. Causes of this symptom are similar to the ones listed for nausea and vomiting.

Make an appointment if you are not getting better despite compliance after 24 hours, if you have a problem with chronic diarrhea or if you have additional symptoms of fever, weight loss, lightheadedness (feeling of faintness), rectal bleeding or abdominal pain.