

Vomiting

~NOTHING by mouth for TWO HOURS after last time vomiting!!

~ Ice Chips for one hour

THEN

CLEAR LIQUID DIET

Weak Sweetened Tea

7-UP, Ginger Ale, Sprite, other clear soft drinks

Chicken broth, beef broth, consume, boullion

Jello, kool-aid, sweetened fruit drinks

Gatorade

Popsicles, sherbert

NO colas

NO caffeine

NO orange juice, grapefruit juice, tomato juice (no acidic juices)

NO DAIRY PRODUCTS

Start with small amounts such as one ounce (two tablespoons) per hour for 2 to 4 hours and slowly increase to larger amounts as long as there is no vomiting. Liquids at room temperature are usually tolerated best.

BRAT DIET

Bananas

Rice

Applesauce

Tea (clear liquids) and Toast (dry)

You may also have pretzels and crackers

NO DAIRY PRODUCTS

Start with small amounts to determine if solid food will be tolerated. Gradually increase amounts if no abdominal cramping or diarrhea.

REGULAR DIET

Gradually return to normal foods, eating small amounts frequently to test your tolerance of each food. Avoid alcohol, fried or greasy foods, highly seasoned foods, dairy products and foods that you know will usually cause gastro-intestinal distress until you are back to normal for several days.

NO fresh fruit or vegetables except bananas

NO cabbage, brussel sprouts, etc.

MAY have mashed, baked, or boiled potatoes

MAY have baked or broiled chicken, turkey, or fish