Wellness and Health Promotion Student Health Services

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BRATT Diet



The BRATT diet, a mnemonic acronym for Bananas, Rice, Applesauce, Tea, and Toast, often is prescribed for people who are experiencing diarrhea caused by infection, gastroenteritis, or dyspepsia. Although these foods are the foundation for the diet, it is best to eat these foods exclusively for only up to 3 days, then gradually incorporate new foods, as it is important to eat a well-balanced diet until the diarrhea subsides. Choosing foods that are highly digestible and low residue should help give the bowel the rest that it needs for recovery.

When water is tolerated, and nausea and vomiting has stopped, choose the following foods:

- Bananas
- Rice
- Applesauce
- Tea
- Toast
- Jelly



Follow these tips:

- Drink small sips of water, as much as possible
- Eat foods at room temperature, avoiding those that are too hot or cold
- Avoid caffeine
- Limit fiber intake, as it may cause additional bloating or gas



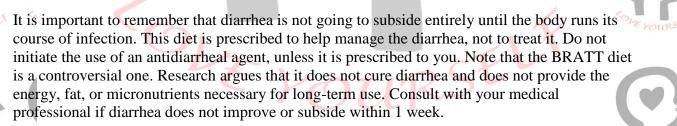
Work up to the following foods:

- Crackers
- Cereal
- Eggs
- Milk
- Baked fish
- Cooked vegetables
- Rice cereal
- Skinless chicken
- Yogurt



- Fats of any kind
- Concentrated or undiluted juice
- Jell-O®
- Alcohol
- Raw fruits and vegetables





















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References

Three Rivers Endoscopy Center, Center for Digestive Health and Nutrition. Diarrhea. Available at: www.gihealth.com/html/education/diarrhea.html. Accessed July 20, 2008.

