

## **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

### **Avoid the following foods:**

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

It is important to remember that diarrhea is not going to subside entirely until the body runs its course of infection. This diet is prescribed to help manage the diarrhea, not to treat it. Do not initiate the use of an antidiarrheal agent, unless it is prescribed to you. Note that the BRATT diet is a controversial one. Research argues that it does not cure diarrhea and does not provide the energy, fat, or micronutrients necessary for long-term use. Consult with your medical professional if diarrhea does not improve or subside within 1 week.

## References

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

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