B.R.A.T. Diet

Your doctor has recommended the B.R.A.T. diet for you or your child until the condition improves. This is often used to help control diarrhea and vomiting symptoms. If you or your child can tolerate clear liquids, you may have:

- Bananas.
- Rice.
- Applesauce.
- Toast (and other simple starches such as crackers, potatoes, noodles).

Be sure to avoid dairy products, meats, and fatty foods until symptoms are better. Fruit juices such as apple, grape, and prune juice can make diarrhea worse. Avoid these. Continue this diet for 2 days or as instructed by your caregiver.

Document Released: 12/18/2006 Document Re-Released: 10/14/2008
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