



B.R.A.T. Diet

Bananas, Rice, Apple sauce and Toast

For the FIRST 8-12 HOURS, Clear liquids in small amounts (sips), frequently:

Gatorade
Chicken broth
Apple or pear juice
7-Up! Sprite (flat)
Gelatin
Herbal tea
Bouillon

For the NEXT 12-24 HOURS, if improved, you may add to the above:

Saltine crackers
White toast with jelly
Bananas
Plain white cooked rice
Cereal (bland, i.e. Cheerios)
Apple sauce
Canned peaches or pears
Clear soups (not cream soups) with very soft noodles

NEXT 24 HOURS, if improvement continues and your stools are formed and firm, you may add:

Boiled chicken
Lean beef (baked, broiled, or boiled)
Egg (poached or scrambled)
Cooked carrots, green peas, green beans, or baked potato (no skin)
NO broccoli, cabbage, Brussels sprouts, or beans

DO NOT EAT these foods until you have had either normal Bowel Movement's or no Bowel Movement for 24 hours:

Raw, fried, or spicy foods
Citrus fruits or juices
Bran/whole grains
Alcohol
Caffeinated beverages
Candy
Dairy

*If your stools continue to be firm, you may gradually return to your regular diet.
Milk and dairy products should be the last foods added.*

For More Information:

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