

## *How to eat the BRAT Diet*

### How to Eat the BRAT Diet



Gastrointestinal distress is one of the worst [health problems](#) that anyone can suffer. The BRAT diet is often recommended as diarrhea [treatment](#) and for upset stomach accompanied by diarrhea and vomiting.

The [foods](#) in the BRAT [diet](#) are "binders" and cause mild constipation. For anyone who needs a diarrhea diet, the BRAT diet is recommended.

Here's how to eat the BRAT diet.

Difficulty: Moderately Easy

### Instructions

Things You'll Need:

- **bananas**
- **rice**
- **applesauce**
- **toast**

1. When someone is sick and needs diarrhea treatment, begin introducing fluids first before solid foods. Sips of water and Gatorade and similar [drinks](#) are good choices. Stay away from citrus juices or milk. Citrus contains acid and can further upset the stomach. Milk causes mucus and is not well tolerated when nausea is present.

For vomiting diarrhea, introduce foods a little at a time. As an enticement for children to eat a bit, cut the food into small, fun shapes.

2. **B--BANANAS**

Eat bananas. Bananas are a bland [fruit](#) that can be constipating, a good thing when symptoms include diarrhea.

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### 3. R--RICE

Eat rice. Rice is well tolerated and is likely to not cause further nausea.

### 4. A--APPLESAUCE

Eat applesauce. The creamy consistency of applesauce goes down easily, and the cold soothes a dry throat.

### 5. T--TOAST

Eat toast. Toast has been a staple of "sick diets" for years. Almost everyone likes toast, and with a bit of jelly, it adds needed calories for the patient to gain strength.

## **Tips & Warnings**

- Try the BRATTY diet too: add Tea and Yogurt. Tea adds liquids that are necessary so the patient stays hydrated. Yogurt provides good cultures/bacteria that are lost during bouts of diarrhea and vomiting.
- A good diarrhea diet includes bland foods that sit well. Try small portions at first.
- Avoid citrus (oranges, grapefruit) and juices with citrus. They can irritate the stomach.
- Avoid spicy foods.