

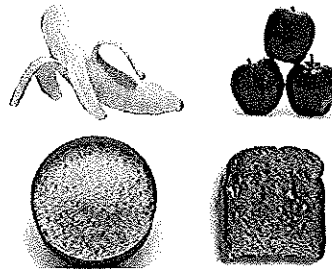


ITHACA COLLEGE

Hammond Health Center

Student Health Information

B-R-A-T Diet



The B-R-A-T diet is a bland food diet that can help you recover from an upset stomach or diarrhea. It is made of foods that are lower in fiber which will make your stool firmer. Examples of this are **B**ananas, **R**ice, **A**pplesauce, and **T**oast. The bananas will help replace nutrients you have lost from vomiting and diarrhea since they are high in potassium.

Dietary treatments for diarrhea, nausea, or vomiting include the following:

1. Drink sips of clear liquids (Ginger ale, herbal tea, diluted apple juice, Jello, broth, electrolyte beverages, ie. Gatorade, Recharge, Powerade) or ice chips until vomiting stops.
2. When you are not actively vomiting, start eating **B**ananas, **R**ice, **A**pplesauce, and **T**oast.
3. You can start eating your regular foods again once your symptoms have resolved.

Other information you should know:

1. Only follow the BRAT diet for a short time period because it does not contain all of the nutrients you need.
2. Clear liquids are anything you can see through if you hold the glass up to light. This does not include milk or orange juice.
3. Don't eat dairy products or fatty foods right away because they may trigger nausea and diarrhea.
4. When you are well-hydrated, your urine should be almost clear, not yellow.

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Source – American Academy of Family Practice Resources