

BRAT

What is it?



- **BRAT**- Bananas, Rice, Applesauce and Toast
 - **Fruits**- ripe bananas, canned- peaches, pears; apricot nectar, grape juice
 - **Starches**- mashed potatoes, dry toast, farina, cream of wheat, plain- crackers, pasta, rice, noodles, and yogurt
 - **Soups**- strained or broth
 - **Other Foods**- smooth peanut butter
- **Diet**- for diarrhea



Medications:

- **Medications**- with sorbitol, antacids with magnesium, reglan, lactulose, oral antibiotics, or potassium supplements may cause diarrhea

Facts:

- **Advance**- to Low Residue Soft Diet limiting milk to < 2 cups per day
- **Diarrhea**- food passes through your body before being absorbed, body is losing too much fluid
- **Causes**- chemotherapy, radiation treatment to abdomen, food sensitivity, infection, emotional upset, stress, lactose intolerance
- **Dehydration**- increases the risk of infection

What can I do?

- **See your Health Care Provider**- pectin 30 mg./day or banana flakes 3 T./day; if diarrhea lasts > 24 hours see your HealthCare Provider
- **See RD**- for help as needed
- **See FFF RD**- on line for help
- **AVOID**- tasting of infant's food due to harmful bacteria, citrus juices, nuts, seeds, whole grains, raw fruits, raw vegetables, fatty foods, fried foods, greasy foods, spicy foods, gassy foods (broccoli, cabbage, cauliflower, onions, peppers, corn, dried peas and beans), caffeine, coffee, tea, chocolate, alcoholic and hot/cold beverages
- **Goal**- drinks lots of fluids at room temperature, increase sodium and potassium, drink after and not during meals

