

Family Care Associates of Effingham, S.C.

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BRAT DIET

The BRAT diet is used to treat diarrhea in children who eat solid foods. Causes of diarrhea include: illness, infection and food sensitivity. Diarrhea is worsened by what the child eats or drinks. Changing the diet may help.

B = Banana's

R = Rice (or other starchy foods)

A = Applesauce

T = Toast (plain, no butter or jelly)

Other foods: Yogurt with live & active cultures, crackers, cooked cereal & pasta

AVOID: carbonated beverages such as soda

- ☆ Fluids are very important because it is easy for the child to become dehydrated. Dehydration is very serious in babies and young children.

Babies and children require a lot of clear fluids for the first 24-72 hours.

- ✓ The best choice of fluids is Pedialyte.
- ✓ If your child refuses or dislikes Pedialyte, offer diluted Gatorade (diluted ½ and ½ with water).
- ✓ Give small amounts (1 teaspoon or tablespoon every 5-10 minutes) until child keeps fluid down.

- ☆ You can slowly increase how much your child is drinking as vomiting and diarrhea decreases.
- ☆ As stools become more formed, slowly introduce foods. Milk and milk products should be introduced last with exception of yogurt.

CALL YOUR HEALTHCARE PROVIDER IF:

- Child has not urinated in 8 hours (12 hours for older child) **OR** has a very dry mouth.
- There is blood or mucous in the diarrhea.
- Diarrhea that is severe and has lasted longer than 3 days.
- If your child vomits repeatedly and/or has fever lasting longer than 3 days.

If diarrhea starts within one week after camping or travel outside of the United States, it may be caused by bacteria or parasites and may need treated with medication.