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:

- Student Health Services       619-594-5281
- Health Promotion              619-594-4133
- Visit Our Website at          http://shs.sdsu.edu
- Facebook/Twitter              AZTECHealth