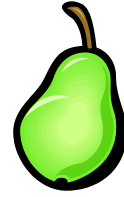
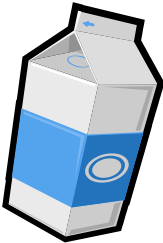


# BRATY DIET

Recommended for Vomiting & Diarrhea

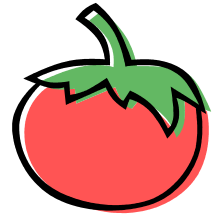


- Bananas
- Rice
- Applesauce
- Pears
- Apricots
- Cereal
- Danactive/Activia/Yoplus Yogurt
- Popsicles
- Roasted Turkey Breast
- Jello
- Crackers
- Fat-Free Soups
- Pasta
- Baked Potato
- Toast (a little butter is O.K.)
- String Cheese
- Ramen Noodles
- Grilled/Baked Chicken



## ⊗ Stay away from...

- Fats
- Fried Foods
- Milk
- Juice
- Tomato-Based Foods



## Hydration

### For Children:

- Younger than 2 yrs → Pedialyte or Half-strength Sports Drinks (½ water and ½ Powerade or Gatorade)
- Older than 2 yrs → Flat, Non-Caffeinated Soft Drinks or Half-strength Sports Drinks (½ water and ½ Powerade or Gatorade)
- Do NOT give only water