



## B.R.A.T. Diet

Bananas, Rice, Apple sauce and Toast

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**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

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**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

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**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*

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**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

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*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.*

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**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



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Student Health Services  
Division of Student Affairs

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