



## HASSAN H. YOUSSEF, MD SC

### DIARRHEA DIET

- Lean Meats (chicken, turkey) chicken broth
- Mashed potatoes (No gravy)
- No fruits except bananas and applesauce
- Yellow vegetables
- Cooked rice and rice cereal
- No milk products--except skim milk
- Crackers
- Toast - may have jelly (No butter)
- No fruit juices
- Avoid fatty, fried and spicy foods. May increase diet when diarrhea improves per advice of doctor.
- For less than 6 months of age use Pedialyte and BRAT diet (Bananas, Rice, Applesauce and Toast)

### CLEAR LIQUID DIET

- Flat 7-up
- Weak Tea
- KoolAide
- Popsicles and or Pedialyte Popsicles
- Pedialyte (less than one year of age)
- No milk or milk products
- No fruit juices

### FOR VOMITING

- Nothing by mouth for 1/2 hour
- Then sips of above fluids (clear liquid diet) every 5 minutes for one hour.
- If tolerated, advance to one ounce every 15 minutes for one hour.
- Advance slowly after that.

### DEHYDRATION

When your child has diarrhea and vomiting, dehydration occurs by loss of fluids from their own body through the diarrhea and vomiting. It is estimated that they loose approximately 1/2 to 2 ounces of fluid with every loose bowel movement and with every episode of vomiting. By replacing the fluid you can prevent dehydration.

### SIGNS OF DEHYDRATION

- Failure to compensate fluid with above instructions
- No urination in approximately 12 hours
- Dry mouth, sunken eyes, absence of tears, dizzy, listless

Please call our office if child shows signs of dehydration.