

Vomiting & Diarrhea: Food Progression

A short-term gastrointestinal (stomach or bowel) illness may necessitate a change in your diet. As you recuperate, carbohydrates are more easily digested than protein or fat. Diarrhea and vomiting result in loss of water and electrolytes (primarily sodium and potassium) from your body, which can lead to dehydration.

The first 12 hours, use clear liquid diet:

Include:	Avoid:
<ul style="list-style-type: none"> • Any clear liquid not containing alcohol, i.e. water, flat ginger ale, clear lemon-lime soda, decaffeinated tea with honey, jello, popsicles, clear broth, or Gatorade. 	<ul style="list-style-type: none"> • Milk or dairy products • Any solid foods

After 12 hours through 48 hours, if vomiting and/or diarrhea begin to subside:

You may begin to add:	Avoid:
<ul style="list-style-type: none"> • Rice • Bananas • Applesauce • Toast and jelly • Soft cereals • Strained clear soups • Low fat crackers 	<ul style="list-style-type: none"> • Caffeine • Alcohol • High fat foods • Milk or dairy products

Beginning on Day 3:

Progress diet as tolerated to include easy to digest foods taken in small amounts. Start with adding soft things such as:

- Soft cooked eggs
- Sherbet
- Custards and puddings
- White rice or plain pasta
- Well cooked vegetables including potatoes
- Skinless white meat of chicken or turkey

After the third day:

The last foods to be added as tolerated, if they are normally in your diet, are creamed soups, milk, ice cream, or spicy and fried foods. If your regular diet foods are not tolerated at this time, please visit your health care provider.