



GASTROENTERITIS

WHAT SHOULD YOU EAT?

The following chart illustrates the progressive diet to be used when experiencing episodes of gastroenteritis, and is intended as a guide only. As the diet expands, beverages or foods from preceding columns are included. If symptoms recur or become worse, the diet should regress back to FULL LIQUID or CLEAR LIQUID recommendations and your health care provider contacted. NO Milk.. NO JUICES with high acid content like Grapefruit Orange or Tomato. Many people can temporarily lose the ability to digest milk sugar for 1-2 weeks after an episode of gastroenteritis. Avoid milk products, oils and spices until you are feeling better - and resume them gradually, as tolerated.

Progressive Diet

Clear Liquid **	Full Liquid **	Soft	
Apple, grape or cranberry juice Kool-Aid Fruit Punch Gatorade Ginger ale, 7-Up Tea Clear bouillon Jello Popsicles Fruit ice Hard candy Sugar Salt No coffee or caffeinated beverages	Clear liquid diet plus Cocoa Carbonated, decaffeinated beverages Broth Strained, bland soups Cream of wheat or rice cereal Farina Vegetable juices Strained fruit juices or nectars Sherbet	Full liquid diet plus Coffee White bread or toast Cooked or ready-to-eat cereal (no bran) Graham crackers Saltines Pasta Rice Soft, cooked vegetables Boiled or mashed potatoes	Applesauce Bananas or seedless melon Cooked or canned fruits Soft cooked, poached or hard-boiled or scrambled eggs Tender meat, fish or poultry Soft cake or cookies without nuts or raisins Butter, cream or margarine Jelly

SAMPLE MENUS

	Clear Liquid	Full Liquid	Soft
Breakfast	Apple juice Clear bouillon Flavored jello	Strained orange juice Cream of wheat Tea	Banana White toast with jelly Coffee
Mid morning	Tea	Apple juice	
Lunch	Cranberry juice Clear bouillon Flavored jello Hot tea	Soup Broth Flavored jello Tea	Meatloaf Green beans Noodles Apple juice Lemon sponge cake
Mid afternoon	Popsicle	Ginger ale	
Dinner	Grape juice Clear bouillon Flavored jello Tea	Gatorade Flavored Jello Sherbert Hot Tea	Baked chicken (no skin) Mashed potatoes Peas Applesauce Tea

