

BRAT Diet For Diarrhea

In Lactating Women



What is a BRAT diet?

BRAT stands for:

B



anana

R



ice (White)

A



pplesauce

T



oast

How do these food items work?

- Considered to “bind” stool and make them firmer
- Low in fiber and easy to digest
- Bland and do not irritate the stomach
- Replace some lost nutrients

What to remember about the BRAT diet?

- Most effective if taken after vomiting has stopped
- Avoid for more than two days since it does not provide significant nutrients
- Consult a doctor if symptoms persist