



Student Health Center
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PROGRESSION DIET SHEET

Nausea/Vomiting

1. Frequent small sips of clear liquids
Includes: Water Tea
 Kool-Aid Gatorade
 Jell-O Broth
 Apple Juice Grape Juice

Diarrhea

1. Frequent small sips of clear liquids
Includes: Water Tea
 Kool-Aid Gatorade
 Jell-O Broth
 Apple Juice Grape Juice
2. BRAT Diet:
 Bananas
 Rice
 Apple
 Toast
3. May add in 12 hours:
 Soda Crackers
 Yogurt Cooked Cereal
 Baked Potato Hard/Clear Candy

As symptoms subside, increase diet slowly to:

Toast (with plain jelly – no butter)
Baked or mashed potato – no butter
Cooked cereals
Cold Cereals (flakes and krispies – no bran)
Apple Sauce
Hard Clear Candy

Sherbert or Orange Ice, etc
Rice – no butter
Saltines
Pretzels
Poached or soft cooked eggs

Avoid the following:

Raw Fruits and Vegetables
Fruit Juice
Bran
Shredded Wheat
Leafy Greens
Cabbage Family
Chocolate Products

Fats and Oils
Mayonnaise
Salad Dressing
Gravies
Pastry
Nuts
Caffeine

Ice Cream
Fried Foods
Butter
Milk and Milk Products
Peanut Butter
Fast Food
Spices