

Homestead Day Care, LLC

The following is Homestead Day Care's recommendation for treating diarrhea in children. It is the responsibility of each parent to evaluate if this recommendation is right for their child. Please note that after your child has been absent due to upset tummies, nausea, vomiting, or diarrhea, if they return to Homestead still showing these signs, they will be required to leave per our Health Policy. If you have any questions regarding this diet, please feel free to ask us.

Diarrhea Diet

The BRAT diet is a traditional diet for children with upset tummies, nausea and vomiting, or diarrhea. Adults can use it too.

The four elements are:

- Bananas
- Rice
- Applesauce
- Toast

These are all foods that most kids like. The simple flavors are less likely to trigger nausea than more complex foods. There are no spices or strong acids to irritate an upset stomach. The BRAT foods are thought to act as "binders", meaning they're a little bit constipating. This can be a good thing when a child (or an adult) has diarrhea.