PATIENT & CAREGIVER EDUCATION

BRATT Diet Phase 1

This information explains what to eat in phase 1 of the BRATT (Banana, Rice, Applesauce, Tea, Toast) diet.

The goal of the BRATT diet is to ease your gastrointestinal (GI) symptoms, such as:

- Diarrhea (loose or watery bowel movements).
- Vomiting (throwing up).

Depending on how serious your symptoms are, it's important to start adding foods back into your diet slowly.

The BRATT diet limits foods you can eat. Talk with your clinical dietitian nutritionist about how to to meet your specific nutrition needs. Make sure to get enough calories, protein, and other nutrients.

Types of fiber

Fiber is a type of carbohydrate that your body cannot digest. There are 2 main types of fiber:

- **Soluble fiber** dissolves in water to make a gel. This can make your stool (poop) more solid. Soluble fiber is found in oats, peaches, bananas, and rice. These types of foods are recommended on a BRATT diet.
- **Insoluble fiber** may pass through your body quickly. This can make diarrhea worse. Insoluble fiber is found in the skins of:
  - Fruits and vegetables.
  - Legumes, such as beans and lentils.
  - Seeds.
  - Whole grains.

These types of foods are **not** recommended on a BRATT diet.

Fluid intake

Along with changing the types of foods you eat, it's important to drink plenty of water, liquids, and soups. Drinking lots of liquids will help you avoid dehydration (loss of body fluid). Drinks with electrolytes are good choices. These include sports drinks and clear nutritional supplement drinks.

It's best to drink most of your liquids between your meals, not with them. This helps you avoid getting too full during your meals.

BRATT diet phases

The BRATT Diet has 2 phases. This is the first phase of the diet. Your clinical dietitian nutritionist or medical team will add more foods to your diet if you move to phase 2.

Food Groups	Eat
Milk	• Rice milk • Lactaid® • Soy milk • Almond milk • Oat milk
Vegetables	• Skinless baked, boiled, or mashed potatoes
Fruits and Fruit Juices	• Bananas • Applesauce • Watered-down apple juice
Breads and Grains	• Breads and products made with white flour, such as flour tortillas, English muffins, and plain bagels • Dry white toast • Cereal with less than 3 grams of fiber, such as Rice Krispies®, Rice Chex®, or Corn Flakes®, and Cream of Rice® • White pasta • White rice and rice porridge
Proteins	• Cooked egg whites or Egg Beaters® • Creamy nut butters, such as peanut butter, almond, cashew, etc. (1 tablespoon per day)
Fats	• Butter (sparingly) • Olive oil (sparingly)
Drinks	• Electrolyte drinks, such as Pedialyte® • Hot tea (without caffeine) • Watered-down sports drinks, such as Gatorade®
Soups	• Clear vegetable or chicken broth
Other	• Sweeteners in moderation, such as sugar, Equal®, Sweet-N-Low®, and Splenda® • Lemon juice • Sugar-free gelatin, such as Jell-O® • Sugar-free jelly

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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