Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

BRATT Diet Phase 2

This information explains what to eat in phase 2 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:
  - 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, such as sports drinks and clear nutritional supplement drinks, are good choices.

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 second phase of the diet.

This phase adds more food items to the ones allowed during phase 1. Add these foods to your diet when you tolerate food items from phase 1 without having worse GI symptoms.

Food Groups	Eat
Milk and Dairy Products	• Rice milk • Lactaid® • Soy milk • Almond milk • Oat milk • Soy cheese • Plain yogurt
Vegetables	• Skinless baked, roasted, boiled, or mashed white potatoes or sweet potatoes • Baked, roasted, boiled, or mashed yucca • Baked, roasted, boiled, or mashed plantains • Canned vegetables or very well-cooked vegetables without seeds, stems or skin, such as green beans, squash, carrots, or asparagus
Fruit and Juices	• Bananas • Applesauce • Baked peeled apples • Canned soft fruit • Melon, such as cantaloupe, honeydew, or watermelon, up to 1 cup a day • Watered-down fruit juice (except prune) without pulp
Breads and Grains	• Breads products made with white flour, such as flour tortillas, English muffins, or bagels • Saltine, graham, and rice crackers • White noodles and pasta • Couscous • Soft pretzel • Cereal with less than 3 grams of fiber, such as Rice Krispies®, Rice Chex®, or Corn Flakes®, and Cream of Rice® • Oatmeal (not steel cut) • White rice • Rice porridge

Proteins	• Grilled, roasted, or baked chicken (without skin) • Roasted or baked turkey (without skin) • Grilled, roasted, or baked lean fish, such as cod, haddock, pollock, flounder, halibut, or tilapia • Hard or soft boiled, scrambled, or poached eggs, egg whites, or egg beaters (up to 2 whole eggs a day) • Tofu • Creamy nut butters such as peanut butter, almond, cashew, etc. (1 tablespoon a day)
Drinks	• Electrolyte drinks, such as Pedialyte® • Decaffeinated coffee (with or without Lactaid or non-dairy milk) • Tea (without caffeine) • Gatorade ® • Crystal Lite® • Caffeine-free regular or diet soda in moderation (Ginger ale, 7-Up®, Sprite®, cola) • Seltzer water • Smoothies made with any of the foods listed here

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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