



Student Health Services  
The Wellness Center at Winans Hall  
201 Mullica Hill Road  
Glassboro, NJ 08028-1701  
(856) 256-4333

### 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  
              Applesauce  
              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

Sherbet 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

**RETURN TO THE STUDENT HEALTH SERVICES IF NO IMPROVEMENT IN 48 HOURS.**