



"Providing Quality Healthcare to All"

BEST MEDICAL CARE, PC

Corporate Office: 121-08 Hillside Ave., Richmond Hill, NY 11418 Tel: 718-850-1673

DIARRHEA / VOMITING

DIET SHEET FOR CHILDREN

DO NOT GIVE CHILDREN WITH DIARRHEA/VOMITING THE FOLLOWING:

Milk, butter, fats, oils, vitamins, cheese, chocolates, orange juice, apricot/pear nectars, nuts, cookies, snacks, eggs

YOU MAY GIVE:

1st Day:

Weak sweet tea
Boiled water (sugar)
Coke or colas
Ginger ale



Give small amounts
2 oz. at a time at least every 2 hours

2nd Day:

All those things listed for 1st day
Rice or rice cereal
Jello
Banana
Peeled apple
Crackers (plain type)

3rd Day:

All those listed for 1st and 2nd days
Plain broth (clear chicken)
Boiled chicken (no skin)
Mashed potatoes
Skim milk (mix ½ skim milk and ½ water)

4th Day:

All those things listed for 1st, 2nd, and 3rd days
Skim milk
Chopped meat
Yellow vegetables

5th Day:

All those things listed above
Whole milk
Green vegetables

IF THERE IS NO IMPROVEMENT, OR THERE IS INCREASED DIARRHEA/VOMITING,
BRING THE CHILD BACK TO THE DOCTOR OR NEAREST EMERGENCY ROOM.