

Gastroenteritis Diet Chart

Morning (Empty Stomach)

- Green Tea
- Black Coffee
- Coconut Water
- Lemon Water
- Herbal Tea
- Ginger Tea

Evening

- Ginger Tea / Coffee
- Fruits bowl (Papaya, Dragon Fruit, Kiwi)
- Dryfruits
- Mix Vegetable Soup



Breakfast

Acute Phase day 1-3

- Boiled Moong
- Vegetable Poha
- Soft Uttapam with Coconut Chutney
- Coconut Water / Lemon
- Soaked Dryfruits
- Rice Water

Recovery Phase day 6-7

- Poha, Upma, Boil Eggs
- Idli with Coconut Chutney
- Uttapam with Coconut Chutney
- Fruits Bowl (Berries, Apple, Kiwi, Oranges, Pineapple)
- Egg Bhurji without Spice

Initial Phase day 4-5

- Poha
- Upma
- Boiled Vegetables
- Rice With Kanji Millet
- Rice Water, Coconut Water, Steamed Apple
- Boil Potatoes
- Mashed Banana Porridge



Lunch / Dinner

Acute Phase

- Rice with Mix Dal
- Well Cooked Moong Dal & Khichdi with Buttermilk
- Milk With Poha
- Oats
- Plain Daliya

Recovery phase

- Rice with Dal
- Boiled Vegetables Handwa / Dhokla / Muthiya + Curd.
- Rice with Paneer Sabji, Green Sabji, Curd.
- Curd Rice

Initial Phase

- Boil Green Vegetables
- Green Leafy Vegetable, Soup with Rice
- Fruit with Curd
- Curd Rice
- Palak, Lauki Soup
- Lemon Coriander Soup



Foods to Focus On:

- **Hydration:** Water, coconut water, buttermilk, clear broths and oral rehydration solutions (ORS) are essential to prevent dehydration. Take any form of ORS home made or other around 200ML /1 GLASS with each diarrhea, avoid plain water use lemon water.
- **Easily Digestible Foods:** White Rice, other rice based items, well boiled egg white, curd and well-cooked vegetables like carrots and potatoes and lauki can use lots of buttermilk and curd.
- **Protein Sources:** Well cooked dal, curd and well boiled egg white is best source.
- **Vitamin C Rich Fruits:** Papaya, guava, strawberries and all other berries can help to boost the immune system.
- **Fruits and Vegetables:** Incorporate a variety of fruits and vegetables, especially those rich in vitamins and minerals, like leafy greens, broccoli and berries. Avoid juices take mashed fruits if possible.
- **Nuts and Seeds:** A handful of nuts and seeds can provide healthy fats and protein.
 - If Vomiting take anti vomiting Medicines before the food.
 - In hungry in between take fruits of all types, curd with resins, vegetable boiled or mashed or soup.

Foods to Avoid

- **Oily and Fried Foods:** These can be difficult to digest and may exacerbate nausea or vomiting.
- **Spicy Foods:** Spices can irritate the stomach and potentially lead to bleeding.
- **Sugary Drinks and Processed Foods:** These offer little nutritional value and may worsen symptoms.
- **Red Meat:** Non-vegetarian options like red meat are generally discouraged due to their difficulty.
- **Caffeinated and Alcoholic Beverages:** These can dehydrate the body and interfere with recovery.