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BRAT Diet, BRATY Diet, CRM Diet

BRAT diet- Bananas, Rice, Apple sauce and Toast

BRATY diet- Bananas, Rice, Apple sauce, Toast and Yogurt

CRM diet- Cereal, Rice, and Milk

- BRAT diet consists of foods that are relatively bland and easy to digest and low in fiber.
- Low fiber foods are recommended because foods high in fiber may cause gas and possibly worsen the gastrointestinal upset.
- BRAT diet can reduce severity of diarrhea.
- Applesauce provides pectin as does toast with grape jelly.
- BRAT diet should include additional protein supplements such as tofu or protein pills.