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DIET RECOMMENDATIONS TO PREVENT DEHYDRATION IN ILLNESS:

Preventing dehydration is of utmost importance in an acute illnesses.

Clear liquids (any liquid that light can easily shine through) are the best liquids to use.

These include:

- Plain Water
- Gatorade (or other electrolyte solutions that are similar)....do not use sugar-free versions of these drinks as the calories in these drinks are helpful in treating the illness and may be the only calories the person can absorb for the first hours or days
- Tea
- Cranberry Juice, Apple Juice (watered down...mixed ½ & ½ with water), White Grape Juice
- Broth from Chicken Soup, Matzo Ball Soup, Bullion
- Popsicles

Sipping liquids ..sip, sip, sip....and pushing the fluids progressively with time is the most important treatment provided. Focus on this above all else!

Foods: Maintaining good dietary intake is important during the acute phase of illness, so long as appetite is present. Do not push foods if uninterested...**focus on liquids**. That said, if appetite remains acceptable, food can consist of anything that interests your appetite and is tolerable. Healthier choices are best, but if you want a hamburger...go ahead! Easy to digest foods include:

- Toast (plain white bread)
- Crackers (Saltines)
- Plain Noodles
- Breakfast cereals
- Bananas, Citrus fruits
- Apple Sauce
- Cooked chicken and meats
- Macaroni (with or without cheese)
- Plain Rice