DIARRHEA DIET IN CHILDREN ABOVE ONE YEAR OF AGE

IMPORTANT:
1. Signs of well-maintained hydration
   a. Infant / child passes urine at least once every three hours each time in good quantity and which is not high-colored
   b. The tongue is moist, not dry
   c. There are tears seen if / when the baby cries
   d. Infant / child is reasonably active
2. Signs of well-maintained nutrition
   a. The infant/child is able to consume at least 75% of what he/she normally consumes in a day
   b. The infant/child is able to maintain at least some degree of normal physical activity

HOMEMADE ELECTROLYTE SOLUTION (ORAL REHYDRATION SOLUTION or ORS)
Boil together:
1. One liter (1000 ml) water
2. Five teaspoons of sugar
3. Five pinches of salt

And cover it and keep for use within 24 hours. Once it is cooled keep giving frequent sips throughout the day.

OTHER FOODS
Indian
1. Rice kanji/gruel - boil 3-4 large tablespoons of rice in 200-300 ml water with a pinch of salt (and optionally some roasted cumin seeds) – blend to semiliquid consistency and feed.
2. Saboodana (Sago) porridge / arrow-root porridge: Soak saboodana / sago seeds in water overnight; drain away water next morning. To make one bowl of porridge, take 4 tablespoons soaked saboodana/sago seeds (or 2 tablespoons of arrow root powder) and add 1 tsp jaggery / sugar, 1-2 pinches of nutmeg powder, and 2 cups of water and cook over a low flame, stirring continuously to avoid lump formation. Once it is semi-transparent it is cooked; now cool and feed
3. Rice-lentils gruel - khichdi
4. Poha (puffed rice)
5. Idli, dosa, medhu wada etc.
6. Upma
International
1. White bread / toast with a little butter
2. Semolina pancakes
3. Rice
4. Boiled and mashed potatoes with salt (optionally hash browns)
5. Sweet corn soup

6. Yogurt, buttermilk (laban)
7. Apple juice
8. Pomegranate juice
9. Small amounts of eggs, fish and chicken is permissible

AVOID
1. Red meat – veal, beef, mutton etc.
2. Shellfish such as shrimps, clams. lobster, mussels etc.