



Eating & drinking for a sick child

Helpful reminders

- **Encourage foods.** It is important to provide food to children while they are sick because it offers support they need to overcome the illness. *Specific recommendations for each type of sickness are below.*

- **Monitor dehydration.** Urinating less than three times in 24 hours and drinking less are signs of dehydration. Call your pediatrician.
- **Call your pediatrician or the nurseline** if you are concerned. Pay attention to how your child looks and acts, and trust your own gut. If you're not sure about something regarding your child's illness, call the nurseline at **844-342-6276**.

Push fluids:

Dehydration is likely with many illnesses so make sure your child drinks enough liquids whenever they are sick.

- Water
- Electrolyte drink (Gatorade, Powerade, Pedialyte)
- Jell-O
- Popsicles
- Broth



Food for vomiting

After 24 hours of liquids with no vomiting, feed:

- Bananas
- Rice
- Applesauce
- Toast
- Crackers
- Dry cereal
- Oatmeal
- Potatoes

Advance to regular diet as tolerated.

These foods are low in fat and have little flavor, which make them easy on the tummy.



Food for diarrhea

Eat complex carbohydrates and foods with protein:

- Beans
- Nuts
- Whole grains
- Fruits
- Vegetables

Food for constipation

Eat fiber-rich foods:

- Fruits
- Vegetables
- Whole grains



Food for cold and flu symptoms

Eat warm liquids like soup, but make sure to avoid spice or high-fat soups.



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