

E.coli Recovery Diet Plan

Name: _____ Date: _____

Foods to Eat

During the initial stages of recovery, it's important to start with bland, easy-to-digest foods. Gradually, more variety can be introduced as your digestive system recovers.

- **Clear Liquids**
 - Start with sips of water, clear broths, or herbal teas.
 - Gradually increase intake as tolerated.
- **BRAT Diet**
 - **Bananas:** Easy to digest and rich in potassium.
 - **Rice:** White rice is gentle on the stomach.
 - **Applesauce:** Soothing and easy to digest.
 - **Toast:** Opt for white bread, as it's less fibrous.
- **Other Bland Foods**
 - Boiled potatoes (without skin)
 - Plain crackers or pretzels
 - Plain pasta or noodles
- **Probiotic Foods**
 - Plain yogurt or kefir to restore gut flora.
- **Hydration**
 - Oral rehydration solutions to replenish lost electrolytes.
 - Small, frequent sips of water throughout the day.
- **Lean Protein** (As Tolerance Improves)
 - Boiled or steamed chicken or turkey.
 - Baked or poached fish.

Foods to Avoid

Avoid foods that are hard to digest or might irritate your digestive system while you recover.

- **Dairy Products**
 - Especially if lactose intolerant, as they can be hard to digest.
- **Fatty and Fried Foods**

- These can aggravate the stomach and intestines.
- **Spicy Foods**
 - Can irritate the digestive tract.
- **High Fiber Foods**
 - Such as whole grains, legumes, and raw vegetables.
- **Caffeine and Alcohol**
 - These can dehydrate the body and irritate the digestive system.
- **Sugary Foods and Sweets**
 - Can cause discomfort and are not nutrient-dense.
- **Processed Foods**
 - Often high in fats, sugars, and artificial additives.

General Guidelines

- **Start Slow:** Begin with liquids and gradually reintroduce solid foods.
- **Small Portions:** Eat small, frequent meals instead of large ones.
- **Listen to Your Body:** If a certain food worsens symptoms, avoid it.
- **Stay Hydrated:** Continue to drink plenty of fluids.
- **Rest:** Ensure you get enough rest to help your body heal.

Notes: