



## Food for poisoning

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**Abstract.** Vomiting, diarrhea, general weakness and stomach pain are all signs of food poisoning. It usually occurs due to the consumption of low-quality products. But, despite the seriousness of the situation, mild cases are often successfully treated at home. True, provided that all nutritional recommendations are followed.

**Key words:** food for poisoning, recommendations, benefits, harm, beneficial properties, contraindications

## How to eat when poisoned

In order to understand why it is so important to make adjustments to your diet, it is enough to look at the problem “from the inside”. During food poisoning, the normal processes of mucus and digestive juices are disrupted in the stomach and intestines. At the same time, peristalsis increases and muscle tone decreases. Toxins released by pathogenic microorganisms irritate the mucous membrane. But not only the intestines, but also the pancreas and liver suffer from their negative effects.

You can minimize their impact on the body by taking certain medications, for example, sorbents, and be sure to adhere to the basic principles **of the diet for food poisoning**. They consist of eliminating foods that take a long time to digest or simply irritate the mucous membranes, and maintaining a drinking regime. The latter allows you to avoid one of the most unpleasant consequences of poisoning - dehydration.

## General nutrition rules

Within 2-3 days after poisoning, it is necessary to unload the intestines as much as possible. Interestingly, some doctors recommend completely abstaining from food in the first hours until the vomiting stops. Others advise eating more often, but not all and in small portions, taking two-hour breaks between each meal. Just to give the body strength.

Particular attention should be paid to the method of cooking. Ideally, it should be boiled or steamed. It is better to use it in liquid or semi-liquid form. In the first days, preference should be given to

vegetable or chicken broth with breadcrumbs. It is better to avoid fatty, high-calorie foods and foods high in fiber (cereals) during this period, so as not to provoke another stomach upset.

You can add new foods to your diet after all symptoms have subsided. The main thing is to do it gradually. These days, porridge, jelly, cooked vegetables or lean meat are recommended. However, it is better to consume them according to the principles of separate nutrition. In other words, eat meat and fish separately from cereals and vice versa. This will allow the body to quickly restore its strength.

### **Drinking regime**

With diarrhea and vomiting, the body loses a lot of fluid and, if it is not replenished, dehydration may occur at some point. Do not underestimate this condition, since at best it provokes headaches and fatigue, and at worst - a whole bunch of diseases, including death. Moreover, it is dangerous for both children and adults, especially if they have chronic illnesses.

In order to prevent it, it is not enough to drink ordinary water. It is necessary to ensure the availability of rehydrants - saline solutions that prevent dehydration. They can be purchased at a pharmacy or made yourself.

After the symptoms have eased, doctors recommend adding boiled or still mineral water, unsweetened tea, and dried fruit decoctions.

Interestingly, all of them not only replenish fluid losses, but also reduce attacks of nausea and vomiting and effectively cleanse the body.

### **Top 12 foods after poisoning**

1. Water. [1] In case of intense vomiting, it is better to drink it in small sips so as not to aggravate the situation. You can replace it with frozen ice cubes (to prepare them, mineral water is mixed with lemon juice [2]).
2. Apple juice. [3] It has antimicrobial properties, but in large quantities it only aggravates the situation - you should not forget about this. By the way, in folk medicine it is replaced with apple cider vinegar [4], diluted with warm water at the rate of 2 tsp. vinegar for 1 cup. You need to drink the resulting product in small portions throughout the day. Baked apples are also shown.
3. Barley and rice decoctions. They are especially effective for diarrhea, as they not only relieve it, but also relieve inflammation in the intestines.
4. Bananas [5] - they are easily digestible and at the same time enrich the body with useful substances - potassium, magnesium, phosphorus [6], calcium, selenium [7], iron [8], zinc and vitamin B6. In addition, the results of recent studies have shown that their pulp can act on the body like sorbents, binding and removing toxic substances. Interestingly, there is even a special "BRAT" diet abroad, which is used for food poisoning and involves the consumption of bananas, applesauce, rice and dried bread.
5. Chicken broth – it's best to add it to your diet when you have an appetite. According to doctors, it not only saturates, but also promotes a speedy recovery.
6. Boiled rice [9] without salt - it has adsorbing properties and effectively removes toxins from the body, and also relieves diarrhea. You need to cook it with a lot of water to get a liquid porridge. Buckwheat [10] and oatmeal [11] can be added to the diet to relieve symptoms.
7. Rose hip decoction [12] – it contains a huge amount of vitamin C and also has astringent properties. You can replace it with decoctions of blueberries, blueberries [13], black currants [14] or St. John's wort [15].
8. White bread crackers are a source of carbohydrates [16].

9. Boiled chicken gizzards are good for diarrhea.
10. Decoctions of dried fruits - they replenish the lack of vitamins and minerals and help restore the gastric mucosa.
11. Kissel – it relieves diarrhea and enriches the body with useful substances.
12. Herbs – These are widely used in Chinese medicine. Milk thistle is used for mushroom poisoning, chamomile [17], ginger root [18] and licorice for poisoning with other products.

### **What does the body need after poisoning?**

- Vitamin A. [19] The results of studies, however, conducted on rats, showed that “the body experiences a shortage of it during salmonellosis.” Therefore, adding foods containing it to your diet can speed up your recovery.
- Calcium. [20] It has a similar effect.
- Alpha lipoic acid is a powerful antioxidant [21] found in broccoli [22,23], beef and spinach [24] and is considered one of the effective treatments for mushroom food poisoning.

### **What not to eat after poisoning**

Until complete recovery, it is better to exclude:

- Fatty and spicy foods - they provoke gas formation and, as a result, discomfort and pain in the stomach.
- Alcoholic and caffeinated drinks cause diarrhea and dehydration.
- Dairy products - despite the fact that they contain probiotics, it is still better to avoid them after poisoning. Simply because they can cause stomach upset.
- High fiber foods [25] include citrus fruits, seeds, nuts, and most fruits and vegetables that we eat with the skin on. Under normal conditions, they improve intestinal motility, which greatly helps the body, but after poisoning they only worsen the situation.

Food poisoning is a disease that can strike a person at any time. However, you shouldn't be afraid of it if you have a set of basic products at hand that can fight it, and you have expert recommendations in front of your eyes. However, if it worsens, you still shouldn't rely on them completely. It is important to see a doctor as soon as possible, and then simply use the above tips in conjunction with the therapy prescribed by him.

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