

## **INFLUENZA RESOURCES: DINING WHEN YOU ARE ILL**

If you are ill, you should not visit the dining hall until you are symptom free. The most important thing when you are not feeling well is to drink plenty of clear fluids to keep from becoming dehydrated. Milk and dairy products are not recommended when experiencing nausea and vomiting as they take longer to digest and may not be tolerated well.

Keeping a ready supply of items may be helpful if you become ill. Supplies will be readily available for purchase at the University Marché as well as at the Redstone Market. You may also request a sick tray from any of our dining halls utilizing our Sick tray form so you don't have to visit the dining hall when you are ill.

### **Examples of Clear Fluids**

Water, Chicken or Vegan Broths, sports drinks, cranberry juice, apple juice, electrolyte beverages, ginger ale, sprite, Jello®, Italian ice and Teas. Other items that are helpful when you are ill are saltine crackers and Lollipops or hard candies.

It is best to transition slowly back to your normal eating patterns.

### **Sample Sick Tray or Transition Menu Items are indicated below.**

#### **Breakfast Transition Items**

- Clear juice
- Applesauce
- Toast
- Scrambled Eggs
- Hot cream of wheat cereal

#### **Lunch and Dinner Transition Items**

- Chicken Soup
- Crackers
- Clear Beverage
- Canned fruit, applesauce, pears or peaches packed in clear juice
- Small sandwich

Once you tolerate the above items, you should be ready to return to your regular eating patterns.

Students with special dietary needs should consult with the Campus Nutritionist or the manager of their dining hall.

Any questions, please contact University Dining Services via our feedback site or by calling our administrative offices at 802.656.4664.