

Sick Day Recipes

These recipes are good for those times when you are queasy, have been vomiting, or have diarrhea and you need fluids and electrolytes.

Homemade Electrolyte Solution

1/2 teaspoon salt

1/2 teaspoon salt substitute made from potassium chloride (found in the spice aisle at the grocery store)

1/2 teaspoon baking soda

2 tablespoons sugar

4 cups water

1 tablespoon orange juice, lemon juice, or sugar-free drink mix (optional to add flavor)

Mix together salt, salt substitute, baking soda, sugar, and water. Chill. To improve flavor, add orange juice, lemon juice, or sugar-free drink mix to the solution.

Yield: Four 1-cup servings.

Nutrition information per serving (without flavoring additions): 98 calories, 25 grams carbohydrate, 1,972 milligrams sodium, and 610 milligrams potassium.

High-Protein Gelatin

One 3-ounce package of regular (not sugar-free) flavored gelatin (any flavor)

1/3 cup dried (powdered) egg whites (you can find dried egg whites in the baking supply area of the grocery store or order the product online)

Prepare gelatin in a bowl according to package directions. Add egg whites to warm gelatin mixture. Whisk mixture gently for 2 minutes, until egg whites are completely dissolved. Cool gelatin mixture in the refrigerator.

Yield: Four 1/2-cup servings.

Nutrition information per serving: 115 calories and 8.8 grams protein.

Rice Porridge

1 cup long-grain white rice

6 cups of water

1 tablespoon salt

Combine rice, water, and salt in a medium saucepan. Cook the rice about 40 minutes over medium heat, until rice is soft, sticky, and soupy.

Variations: For extra flavor, use chicken, pork, or beef broth instead of water, or season porridge with soy sauce after cooking. (Reduce the salt to 1 teaspoon if using broth or soy sauce.) For a sweet treat, prepare rice with 8 teaspoons of sugar.

Yield: Eight 1-cup servings.

Nutrition information per serving: 86 calories, 1.5 grams protein, 16 grams carbohydrate, 258 mg sodium, and 24 mg potassium.