

Oral Rehydration Solutions



An Oral Rehydration Solution is a simple mixture of water, sugar, and salt in the right combination that's highly effective in improving hydration status.

Here's why an oral rehydration solution works:

- the electrolytes in the beverage replenish what your body lost with loose stool, diarrhea, and/or fistulas
- the sodium and glucose inside the beverage will allow water to enter through the intestinal cells through the Sodium Glucose Pumps, therefore hydrating you faster than plain water!

[\(let me know if you'd like a better explanation of these pumps!\)](#)

I want to be really clear here though:

For most of us, water is the best hydration solution there is! Therefore, when a healthy, hydrated person drinks an Oral Rehydration Solution they may not feel a difference. It's when the body starts to experience mild to moderate dehydration that an Oral Rehydration Solution is really important and the difference in hydration can even be felt very quickly!

A big pro-tip is that you don't want the beverage to have too much sugar because this will just give you more diarrhea, which defeats the point. Regular Gatorade, sports drinks, and soda are examples of this.

Some brand recommendations:

If you'd like to purchase a drink that is already in the right combination of water to salt to glucose ratio, some brand names to consider are:

TRIORAL Oral Rehydration Salts

- This product is based on the newly recommended World Health Organization (WHO) rehydration formula.
- The unflavored version does not contain any artificial sweeteners, colors, or preservatives.
- It comes in packets, and you simply empty one entire packet into one liter of water and sip on it.
- While this is an excellent product nutritionally, my husband finds it to taste salty. We've found that adding a squeeze of orange, lemon, or lime to this unflavored beverage helps to add balance/flavor.

Pedialyte Clear/Classic Unflavored

- It's nice that you can buy this drink pre-mixed and don't have to worry about mixing anything yourself.
- I would recommend the Pedialyte Classic Unflavored variety (also known as Pedialyte Clear), because it does not contain any artificial sweeteners, dyes, or flavors.

Liquid IV

- This product meets the WHO's guidelines for rehydration beverage, and is dairy-free, soy-free, gluten-free, and non-GMO
- It comes in fun flavor packets
- Please note that this product contains Stevia, an artificial sweetener. Some people with IBD are able to tolerate Stevia, while others may not.

Recipes to Make at Home

You can also make your own Oral Rehydration Solution at home very cheaply and easily with just a few ingredients. Here are four recipes to try out:

Recipe 1

- 4 cups water
- $\frac{3}{4}$ tsp salt
- 6 tsp sugar

Recipe 2

- 3 $\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup grape or cranberry juice
- $\frac{1}{2}$ tsp salt

Recipe 3

- 3 cups water
- 1 cup apple juice
- $\frac{1}{2}$ tsp salt



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Danielle Gaffen is a registered dietitian nutritionist with a passion for helping people with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis. She has a Bachelor of Arts in Kinesiology from Rice University, Masters of Sciences in Nutritional Sciences and Didactic Program for Dietetics from San Diego State University, and completed her dietetic internship through the Utah State University.

With a personal connection to IBD, Danielle understands the challenges that patients face and is committed to providing practical and evidence-based guidance to help them achieve better health outcomes. She founded Eat Well Crohn's Colitis to provide nutrition coaching and support for individuals with IBD, as well as to raise awareness and promote education about IBD and its management.

In addition to her work at Eat Well Crohn's Colitis, Danielle volunteers for the Crohn's and Colitis Foundation to support individuals with IBD and the United Ostomy Associations for America to support individuals with ostomies.

Danielle's expertise in IBD and nutrition has been recognized by various organizations, and she has been invited to speak at national conferences and webinars. She is a member of several professional organizations, including the Academy of Nutrition and Dietetics and the Crohn's and Colitis Foundation. Overall, Danielle is dedicated to helping people with IBD improve their quality of life through personalized nutrition interventions and education.

Still have questions?

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Meet
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