

Oral Rehydration Solution

Recipes

Oral Rehydration Solutions (ORS) are drinks that can help prevent dehydration. ORS contain water, salt, sugar, and electrolytes to replace:

- electrolytes (sodium, chloride, potassium)
- fluids lost (vomiting, diarrhea, high output ostomy, or sweating a lot)



ORS will not stop what is causing the fluid loss. After 24 hours contact your healthcare team if you are still vomiting, have diarrhea, or are emptying your ostomy bag more than usual.

You can find some ready-made ORS in stores (such as Pedialyte® and Hydralyte®). You can also use the recipes below to make your own.

Instructions

For each recipe:

1. Carefully measure all ingredients.
2. Combine and mix well until all granules are dissolved.
3. Store in the fridge.



Base	Recipe
Sports Drink Base Source: Rees Parrish, C.	<ul style="list-style-type: none">• 4 cups (1 L) Gatorade G2®, any flavour• ½ teaspoon (3 g) salt
	<ul style="list-style-type: none">• 1 ½ cups (375 mL) regular Gatorade® or Powerade®, any flavour• 2 ½ cups (625 mL) water• ½ teaspoon (3 g) salt
Sugar & Salt Base Source: World Health Organization	<ul style="list-style-type: none">• 4 ¼ cups (1 L + 60 mL) water• ½ teaspoon (3 g) salt• 2 tablespoons (25 g) sugar <p>Optional: Add low-calorie, sugar-free drink mixes for different flavours, such as Crystal Light® or Mio®. Note: Too much sugar substitute can cause diarrhea. Use them in small amounts.</p>
	<ul style="list-style-type: none">• ½ teaspoon (3 g) salt• ¼ teaspoon (1.5 g) salt substitute, such as No Salt®• ½ teaspoon (3 g) baking soda• 2 tablespoons (25 g) sugar• Add enough water to the above mixture to make 4 cups (1 L).

Base	Recipe
Juice Base Source: Oley Foundation	<ul style="list-style-type: none"> • ¾ cup (175 mL) apple, grape, or grapefruit juice (100% juice) • 3 ¼ cup (810 mL) water • ½–¾ teaspoon (3–4.5 g) salt
	<ul style="list-style-type: none"> • 4 cups (1 L) water • 1 cup (250 mL) orange juice (100% juice) • 2 tablespoons + 2 teaspoons (33 g) sugar • ¾ teaspoon (4.5 g) baking soda • ½ teaspoon (3 g) salt
	<ul style="list-style-type: none"> • 2 ½ cups (625 mL) regular tomato juice (100% juice) • 1 ½ cups (310 mL) water
Broth and Miso Base Source: Rees Parrish, C.	<ul style="list-style-type: none"> • 4 cups (1 L) water • 1 dry broth or bouillon cube (chicken, beef, or vegetable), regular sodium • ¼ teaspoon (1.5 g) salt • 2 tablespoons (25 g) sugar
	<ul style="list-style-type: none"> • 2 cups (500 mL) liquid broth (chicken, beef, or vegetable), regular sodium • 2 cups (500 mL) water • 2 tablespoons (25 g) sugar
	<ul style="list-style-type: none"> • 2 tablespoons + 1 teaspoon (40 g) miso paste • 4 cups (1 L) water • 1 tablespoon (12.5 g) sugar
Starch Base Source: Rees Parrish, C.	<ul style="list-style-type: none"> • 4 cups (1 L) water • 1 cup (½ pound) peeled, cooked, and mashed potatoes • ½ teaspoon (3 g) salt • ¼ teaspoon (1.5 g) salt substitute, such as No Salt®

Note: These recipes are not meant to replace the advice of your doctor or healthcare team.

For support



- Talk to your healthcare team to learn if ORS are right for you.
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.
- Visit [ahs.ca/Nutrition](https://www.ahs.ca/Nutrition).