

## Oral Replacement Solutions Recipes

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### #1

- $\frac{3}{4}$  tsp salt
- 1 tsp baking soda
- 1 cup unsweetened non-citrus juice
- 6 cups water

### #2

- $\frac{3}{4}$  tsp salt
- 1 tsp baking soda
- 1 cup unsweetened orange juice
- 5 cups water

### #3

- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp no-salt
- 1 tsp baking soda
- 1 tbsp corn syrup
- 1 pkg. diet crystal drink mix (i.e. Crystal Lite)
- 4 cups water

These recipes are all similar to the World Health Organization's recipe for oral hydration solutions.