

Prepared For:		Date:	
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Diarrhea Nutrition Therapy

By eating the recommended foods, you will have less fiber, fat, lactose, and sugars in what you are eating, which should help stop diarrhea and make you feel better.

Tips

- Limit foods and beverages that contain sugar, lactose, fructose, high-fructose corn syrup, and sorbitol.
- Avoid beverages with caffeine.
- Eat a small meal or snack every 3 or 4 hours.
- Avoid spicy foods if they make symptoms worse.

Foods Recommended

Note: These suggestions are suitable for most people. However, if your symptoms get worse after eating specific foods on this list, you should stop eating them until you recover.

Food Group	Foods Recommended	Notes
Dairy	Buttermilk Evaporated, skim, and low-fat milk Soy milk Yogurt with live active cultures Powdered milk Low- fat, part-skim, and aged cheese	If you have lactose intolerance, drinking milk products may aggravate diarrhea. Try lactose-free products. Avoid yogurts with nuts or dried fruit.
Grains	Bread, bagels, rolls, crackers, and pasta made from white or refined flour White rice Cream of wheat Cereals made from refined grains (puffed rice, cornflakes) without added fiber	Choose grain foods with less than 2 grams dietary fiber per serving. (To find out how much fiber is in a serving of a packaged food, look on its Nutrition Facts label.)

Fruits and Vegetables	Fruit juice without pulp Ripe bananas Melons Canned soft fruits Most well-cooked vegetables without seeds or skins Potatoes without skin Lettuce Strained vegetable juice	See the Foods Not Recommended chart for fruits and vegetables to avoid.
Proteins	Tender, well-cooked meat, pork, poultry, fish, eggs, or soy foods made without added fat Smooth nut butters (if tolerated)	
Beverages	Water Decaffeinated coffee Caffeine-free teas Soft drinks without caffeine Rehydration beverages	Healthy people need 8 to 10 cups of fluid each day. You may need to drink more to replace fluids lost to diarrhea.
Fats	Fats include oil, butter, cream, cream cheese, margarine, mayonnaise and salad dressings	Limit fats to less than 8 teaspoons a day.

Foods Not Recommended

Food Group	Foods Not Recommended
Dairy	Whole milk Half-and-half Cream Sour cream Regular (whole milk) ice cream Yogurt with berries, dried fruit, or nuts Cheese
Grains	Whole wheat or whole grain breads, rolls, crackers, or pasta Brown or wild rice Barley, oats, and other whole grains Cereals made from whole grain or bran Breads or cereals made with seeds or nuts

	Popcorn
Fruits	All raw fruits except banana and melons Dried fruits, including prunes and raisins Fruit juice with pulp Canned fruit in heavy syrup Any fruits sweetened with sorbitol Prune juice
Vegetables	Raw vegetables (except for lettuce) Fried vegetables Beets Broccoli Brussels sprouts Cabbage Cauliflower Collard, mustard, and turnip greens Corn Potato skins
Proteins	Fried meat, poultry, or fish Luncheon meats, such as bologna or salami Sausage and bacon Hot dogs Fatty meats Nuts Chunky nut butters
Beverages	Beverages containing caffeine, including regular coffee, regular tea, colas, and energy drinks Limit beverages containing high fructose corn syrup to 12 ounces per day Avoid beverages sweetened with sorbitol Alcoholic beverages
Fats	Limit fats to less than 8 teaspoons per day.
Other	Sugar alcohols such as xylitol and sorbitol Honey

Diarrhea Sample 1-Day Menu

Breakfast	1 cup puffed rice cereal 1 cup vanilla soy milk 1/2 ripe banana
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Morning Snack	2 graham cracker rectangles 1 cup decaffeinated tea
Lunch	2 cups chicken rice soup 1/4 cup chicken, added to soup 1/4 cup cooked carrots 1 slice white toast 1 tsp jelly 1/2 cup applesauce
Afternoon Snack	3 saltine crackers 1 cup fruit juice, pulp-free
Evening Meal	4 to 6 oz baked fish with squeeze of lemon 1 tablespoon breadcrumbs 1 teaspoon butter or margarine 1/2 baked potato, without skin 1/2 cup green beans, cooked well 1 1/2 cups water or other caffeine-free beverage
Evening Snack	1 cup sugar-free hot chocolate, made with water 1/2 cup sherbet

Notes