

Nutrition Tips for Diarrhea

Diarrhea (loose stools) could be a common side effect to a variety of medical conditions, medications, and medical treatment. Work with your doctor to help you find the cause and resolve your diarrhea. Try these general nutrition tips as well; however, nutritional treatment of diarrhea may change depending on the cause of the diarrhea.

Replenish Fluids and Electrolytes (stay hydrated)

- Sip on clear, non-carbonated liquids (fruit juices without added sugar, gatorade, etc) throughout the day. Include at least one cup of liquid after each loose bowel movement
- Drink most of your liquids between meals as drinking liquids with meals may increase passage of food through the body
- Include high potassium foods and liquids: diluted fruit juices and nectars, sports drinks, potatoes (without the skin), bananas, etc
Include high sodium foods and liquids: broths, soups, sports drinks, salted crackers and pretzels, etc

Eat Foods High in Soluble Fiber Daily (to thicken stool)

- Foods high in soluble fiber: applesauce, bananas, beets, potatoes without skin, rice, oatmeal
- Include other foods that may thicken stool: bread, creamy peanut butter, pasta, marshmallows, tapioca, white rice and yogurt

Limit Foods That May Exacerbate Diarrhea (see food table)

- Foods that are creamy, greasy, fried and sugary
- Dairy with high amounts of lactose (the milk sugar in dairy)
- Foods that cause gas: broccoli, brussel sprouts, cabbage, cauliflower, beans, lentils, etc
- Sweetened and caffeinated beverages: smoothies, sugary fruit juices, sodas, etc
- Foods sweetened with isomalt, mannitol, sorbitol, xylitol (artificial sweeteners)

Add a Probiotic

- Talk to your doctor about adding probiotic capsules or tablets (live bacteria that may promote intestinal health when consumed in sufficient amounts). This may help.

Call your doctor if the diarrhea continues or increases or if your stools develops an unusual odor or color

	Foods To Eat	Foods to Limit
Meats, Fish, Poultry, Eggs	baked, broiled, grilled or steamed meats/poultry/fish, deli slices, eggs	fried meats/poultry/fish/eggs
Dairy	lactose free dairy (any) <u>low lactose dairy</u> : cream cheese, half and half, hard cheeses (cheddar, colby, parmesan, swiss, etc), soft cheeses (feta, mozzarella, etc), yogurt (greek)	<u>high lactose dairy (large amounts)</u> : buttermilk, chocolate, creamy/cheesy sauces, custard, ice cream, milk (cow's, goat's, sheep's, condensed, evaporated), soft cheeses (cottage, ricotta, etc), sour cream
Meat, Dairy Alternatives	milk alternatives (almond, coconut, rice, soy), creamy nut butters, tofu	beans, black eyed peas, lentils, nuts, crunchy nut butters, fried tofu, soybeans, split peas, soy/bean patties
Grains	<u>made with refined wheat, made with foods allowed</u> : bagels, biscuits, breads (french, italian, pita, white, sourdough), cereals (cream of wheat, cream of rice, oatmeal, cornflakes, Cheerios, Chex, Rice Krispies, etc), chips, crackers (graham, saltine, soda, etc), English muffins, flour tortillas, noodles, pancakes, pastas, pretzels, tapioca, waffles, white rice	made with <u>whole</u> wheat or made with foods to limit, barley, bran, breads (multi grain), bulgur, corn tortilla, croissants, high fiber cereals (Kashi, Fiber One, etc), granola, popcorn, quinoa, rice (brown, wild), rye, sugary cereals (Fruit Loops, etc), sweet rolls
Fruits	applesauce, avocado, banana, canned fruits (drain the syrup), lemon, lime, melons, <u>peeled</u> : apple, apricot, peach, pear, peach, plum, etc, fruit puree/sauces (any, no pulp, no skins)	dried fruits, fruit seeds/skins, fried fruits, berries, cherries, dates, figs, grapes, grapefruit, guava, kiwi, mango, papaya, persimmon, pineapple, pomegranate, prunes, orange
Vegetables	<u>cooked (no pulp, no skins)</u> : beets, carrots, green beans, potatoes, pumpkin, spinach, squash, wax beans, yams, zucchini, etc, vegetable/tomato puree/sauces (any, no pulp, no skins)	raw vegetables, fried vegetables, vegetable seeds/skins, artichokes, asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, green peas, lettuce, mushrooms, okra, tomatoes
Beverages	decaf coffee, fruit and vegetable juices/smoothies (any, small amounts, no pulp or skins), sport drinks, tea	caffeinated coffee, lattes, sodas, prune juice
Desserts	angel food cake, chocolate (small amounts), marshmallows, sugar free desserts (puddings, popsicles, etc)	fried desserts, brownies, cakes, caramel, candy, cookies, donuts, pastries, pies, sherbet, sorbet
Seasonings, Condiments	broth, butter, cooking oils, all spices and herbs, gravy, honey, jam/jelly, ketchup, margarine, mayonnaise, mustard, pepper, salad dressings, sauces (BBQ, soy, etc), salt, vinegar	coconut, maple syrup, olives, pickles, sugar (large amounts), jam/jelly with seeds, all seeds (flax, sunflower, etc), artificial sweeteners (isomalt, mannitol, sorbitol, xylitol)