

Name:

Date:

Diarrhea Nutrition Therapy

What is diarrhea?

Everyone occasionally has diarrhea — loose, watery and possibly more-frequent bowel movements. In most cases, diarrhea lasts a couple of days. But when diarrhea lasts for weeks, it can indicate a serious disorder, such as a persistent infection, inflammatory bowel disease, or a less serious condition, such as irritable bowel syndrome.

Causes

- Viruses
- Bacteria and parasites
- Medications
- Lactose intolerance
- Fructose
- Artificial sweeteners
- Surgery
- Other digestive disorders

Recommendations

- 1 Drink 8-10 cups of fluid per day, like water, broth, half-strength juice, weak tea, or electrolyte replacement drinks.
- 2 Eat small frequent meals slowly during the day.
- 3 Limit fried or fatty foods since these can worsen diarrhea.
- 4 Some high fiber foods may contribute to diarrhea.
- 5 Foods with lots of sugar may worsen diarrhea, such as candy, large quantities of juice, and chocolate milk.
- 6 Some people may become temporarily lactose intolerant when experiencing diarrhea (so can benefit from lower lactose choices, such as cheese, yoghurt)

Anti-Diarrhea List

Not Recommended Food X	
Vegetable	Fresh, Raw, Frozen, Canned, Fried Vegetable
Grains	Whole grain, high-fiber breads Oatmeal and oat products Barley Brown rice & whole wheat pasta Whole grain, high fiber breakfast cereals
Fruits	Fresh, Canned, Fried, Dried or Frozen
Milk & Dairy Products	All kinds of milk
Meat, Poultry, Fish & Eggs	Fried meat, chicken, eggs Fatty cuts of meat, such as prime cuts of beef, ribs, steaks, regular hamburger Bacon, sausage or Hot dogs Most cold cuts, such as salami and bologna Fried fish and sea food
Fats & Oils	All types of oil and fat
Alcohol	All (beer, wine, vodka, mixed drinks with alcohol...)
Others	Fried Falafel Soup except for potato soup Sugar, brown sugar, corn syrup. Cakes, candies, cookies, and dessert snack foods Sweetened beverages Caffeinated beverages Sweets that are fried, prepared with butter Jam, honey, chocolate, molasses Halawa Chips, crackers Anise Spices

Recommended Food

Vegetable & Fruits	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
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
Milk & Dairy Products	Low fat milk & milk products Yogurt, Labneh, White low fat cheese
Meat, Poultry & Fish (Boiled or Grilled)	Lean cow meat Skinless chicken breasts Fish Eggs
Others	Water Decaffeinated coffee Caffeine-free teas Rehydration beverages

Limit fat intake to less than 2 teaspoons a day



