

Diarrhea

The foods listed below may help manage your diarrhea. If diarrhea continues after eating the listed foods, stop and do not eat them until you feel better.



Eat This...

Dairy – Buttermilk, low-fat dairy products; soy milk, yogurt with probiotics, cheese

Grains – White bread, white rice, cream of wheat, cornflakes

Proteins – Well-cooked, low fat meat, fish, eggs, & soy, smooth nut butters

Beverages – Water, diluted Gatorade, caffeine-free drinks

Fats – Limit fats to less than 2.5 Tbsp.

Fruits – Pulp -free fruit juices, soft fruits (melons, drained canned fruit, ripe bananas), lettuce

Vegetables – Peeled, seeded, & cooked vegetables

Not That...

Dairy – High fat milks & creams, sour cream, ice cream, yogurt with fruit or nuts

Grains – Whole wheat products, brown/wild rice, barely, oats, popcorn

Proteins – Fried meat, poultry, or fish, high fat meats (bacon, sausage, hot dogs), nuts, chunky nut butters

Beverages – High sugar drinks, caffeinated drinks, alcoholic drinks

Fruits – Most raw fruits, pulp fruit juices

Vegetables – beets, gas-producing vegetables (cabbage, broccoli, corn, cauliflower, Brussels sprouts, collard, mustard, & turnip greens, potato skins), raw vegetables (except lettuce)

Tips

If lactose intolerant, try low fat almond, rice, or soy products

Avoid spicy foods

Eat small snacks/meals every 3 to 4 hours

Drink 8 oz of water after every episode of diarrhea