

If You Have...

Diarrhea

- Drink plenty of mild, clear liquids throughout the day. Liquids at room temperature are better tolerated.
- Eat small, frequent meals and snacks throughout the day.
- Avoid greasy, fried, spicy, or very sweet foods.
- Limit milk and milk products to no more than 2 cups a day.
- Avoid drinks and foods that cause gas, such as carbonated drinks, gas-forming vegetables, and chewing gum. (You may drink carbonated beverages if you leave them open for at least 10 minutes before drinking.)
- Drink and eat high-sodium foods, such as broths, soups, sports drinks, crackers, and pretzels.
- Drink and eat high-potassium foods, such as fruit juices and nectars, sports drinks, potatoes without the skin, and bananas.
- Eat foods high in pectin, such as applesauce and bananas.
- Call your doctor if diarrhea continues or your stools have an unusual color.
- Drink at least 1 cup of liquid after each loose bowel movement.
- Limit use of sugar-free gums and candies made with sorbitol.

To help alleviate diarrhea, try these recipes:

Chicken and Mushrooms

2 tablespoons cornstarch
1 can or 16 ounces chicken broth
1 teaspoon prepared mustard
1 tablespoon vegetable oil
4 skinless, boneless chicken breast halves
2 cups sliced mushrooms
1 teaspoon crushed Italian seasoning
2 cups cooked rice
Salt to taste

Directions:

Mix together the cornstarch, chicken broth, and mustard in a small bowl and set aside. In a large frying pan over medium-high heat, heat oil and cook the chicken about 5 minutes on each side or until browned on both sides. Remove the chicken and set aside. Reduce the heat to medium and in the same pan, cook the mushrooms with the Italian seasoning and pepper, stirring often, until the mushrooms are tender and the liquid evaporates. Add the reserved cornstarch mixture and cook until the mixture boils and thicken, stirring constantly. Return the chicken to the pan and reduce the heat to low. Cover and cook 5 or more minutes or until the chicken is no longer pink, stirring occasionally. Serve over hot rice.

Makes 4 servings. Each serving is 360 calories, 29 grams protein.

Fruit Ices

Freeze the juice of your choice in an ice cube tray. Place frozen cubes in a blender and blend for a fruit slush. Selected fruits may be added as well. For example, try orange juice or pineapple juice with banana slices.

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	<u>Recommended Foods</u>	<u>Foods to Avoid</u>
<u>High-Protein</u>	<ul style="list-style-type: none"> • Baked or broiled meats: <ul style="list-style-type: none"> • Pork • Chicken • Liver • Turkey • Veal • Eggs • Fish • Milk • Cheese • Yogurt 	<ul style="list-style-type: none"> • Dried peas and beans such as: <ul style="list-style-type: none"> • Lentils • Kidney beans • White beans • Nuts • Seeds • Peanut butter • Very spicy, fatty meats
<u>Breads, Cereals, Rice, and Pasta</u>	<ul style="list-style-type: none"> • Graham-crackers • Pasta • Bread and rolls made from refined, white flour • Converted or instant rice • Pancakes • Waffles • Cornbread • Muffins • Refined Cereals such as: <ul style="list-style-type: none"> • Farina • Cream of Wheat • Cream of Rice • Oatmeal • Cornflakes 	<ul style="list-style-type: none"> • Whole-grain breads and cereals such as: <ul style="list-style-type: none"> • Whole-wheat and rye bread • Bran • Shredded wheat • Granolas • Wild rice
<u>Fruits and Vegetables</u>	<ul style="list-style-type: none"> • Canned, frozen, or fresh fruit • Soups made with cooked allowed vegetables: <ul style="list-style-type: none"> • Celery • Tomato paste • Tomato puree • Tomato sauce • Green beans • Acorn squash • Asparagus tips • Bets • Carrots • Peeled zucchini • Mushrooms • Baked potato without skin 	<ul style="list-style-type: none"> • Fresh, un-peeled fruit • Pears • Melon • All other vegetables (not listed in recommended foods)
<u>Beverages, Desserts, and Miscellaneous</u>	<ul style="list-style-type: none"> • Butter • Margarine • Mayonnaise • Salad dressing • Vegetable oil • Fruit pie made with allowed fruit • Decaffeinated beverages • Flavored gelatin desserts • Sherbet • Cake • Cookies • As tolerated: <ul style="list-style-type: none"> • Salt • Pepper • Spices • Gravy 	<ul style="list-style-type: none"> • Desserts with nuts • Coconut • Dried fruit • Chocolate • Licorice • Pickles • Popcorn • Foods with excessive: <ul style="list-style-type: none"> • Pepper • Chili seasoning • Taco seasoning • Hot sauces