

Diarrhea can cause excessive losses of fluids leading to dehydration and electrolyte imbalance. Many people can effectively control symptoms with dietary modification. Consult with your provider will ensure that all nutrient needs are being met while managing diarrhea.

Foods That May Decrease Diarrhea	Foods That May Increase Diarrhea:
<ul style="list-style-type: none"> <li>• <b>Small meals with mild flavors</b> <ul style="list-style-type: none"> <li>○ Chicken or fish with white rice or skinless potatoes</li> <li>○ Chicken noodle soup</li> <li>○ Congee</li> </ul> </li> <li>• <b>Foods rich in soluble fiber</b> <ul style="list-style-type: none"> <li>○ Oatmeal</li> <li>○ Applesauce</li> <li>○ Banana</li> <li>○ Sweet potatoes or winter squash (no skin)</li> </ul> </li> <li>• <b>Non-carbonated beverages to replace fluid loss</b> <ul style="list-style-type: none"> <li>○ Water</li> <li>○ Sports drinks</li> <li>○ Soup broth</li> <li>○ Herbal tea (caffeine free)</li> <li>○ Congee (recipe on next page)</li> </ul> </li> <li>• <b>Potassium rich foods to replace electrolytes</b> <ul style="list-style-type: none"> <li>○ Banana</li> <li>○ Skinless potatoes, sweet potatoes and winter squash</li> </ul> </li> <li>• <b>Easy to digest vegetables and fruits</b> <ul style="list-style-type: none"> <li>○ Zucchini</li> <li>○ Asparagus</li> <li>○ Cooked carrots and beets</li> <li>○ Cooked green beans</li> <li>○ Apples, peaches and pears (skinless)</li> <li>○ Polenta</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Large meals</b></li> <li>• <b>Spicy foods</b></li> <li>• <b>Greasy, fatty or fried foods</b></li> <li>• <b>Hard to digest vegetables and fruits</b> <ul style="list-style-type: none"> <li>○ Broccoli, cauliflower and cabbage</li> <li>○ Onions and garlic</li> <li>○ Beans (legumes)</li> <li>○ Salad</li> <li>○ Vegetables and fruits with skins and seeds</li> </ul> </li> <li>• <b>Dairy foods</b> <ul style="list-style-type: none"> <li>○ Milk, yogurt and cheese</li> </ul> </li> <li>• <b>Fibrous foods</b> <ul style="list-style-type: none"> <li>○ Whole grain breads, cereals and pastas</li> <li>○ Beans (legumes)</li> <li>○ Raw vegetables and salads</li> <li>○ Bran</li> <li>○ Nuts and seeds (nut butters may be tolerated)</li> </ul> </li> <li>• <b>Gas forming sweeteners, beverages and food additives</b> <ul style="list-style-type: none"> <li>○ Sorbitol and Xylitol</li> <li>○ Excess sugar</li> <li>○ Fruit juice</li> <li>○ Carbonated drinks</li> <li>○ Alcohol and caffeine</li> <li>○ Soymilk</li> </ul> </li> </ul>

References: [Prescription for Cooking and Dietary Wellness, 2nd Edition](#). Phyllis A. Balch, CNC & James F. Balch, MD, 2003