

Diarrhea

If you are experiencing diarrhea, you may want to follow these recommendations. When trying them, remember these are general suggestions and that, as individuals, what works well for one person may not necessarily work well for another person. As always, remember to keep your physician aware of any changes in your bowels in order to receive appropriate treatment.

Try

- Bananas
- Applesauce and other canned fruits (without seeds or skin)
- Barley (a soluble fiber that may slow down intestinal motility)
- Oatmeal and oat bran
- White rice
- Plain poultry, fish and lean meat, but not beef.
- Eggs (remember to cook them thoroughly)
- Vegetables (cooked or canned, especially carrots, green beans, spinach, zucchini, sweet and regular potatoes without the skin)
- Lactaid™ milk, soy or rice milk, Mocha Mix.
- Cultured yogurt, soy yogurt.
- Aged cheese (i.e., 90-day cheddar)
- Plain breads and crackers
- Pasta and noodles
- Broth-type soups
- High potassium foods (potatoes, nectars or Gatorade™ diluted with water)

Avoid

- High fiber foods (nuts, seeds, whole wheat, bran, raw fruits and vegetables with skins, corn, peas)
- Beans and other gassy foods (broccoli, cauliflower, cabbage)
- Citrus fruit and juices
- Carbonated beverages (these too, may promote gas)
- Fatty, fried, and spicy foods
- Fluid milk and other high lactose foods
- Caffeine and alcohol
- Chocolate
- Beef

Remember to chew your food very well and slowly. Drink slowly or sip on fluids.

It is also important to maintain adequate hydration during times of diarrhea. Remember to drink fluids like water, nectars and Gatorade™. Sucking on ice cubes or ice chips is also a good way to replace fluids. A product called CeraLyte® is specifically formulated for hydration purposes. It contains rice syrup solids, which helps slow down intestinal motility and control diarrhea. There are recipes available on how to use CeraLyte®.

You might want to try making and drinking rice water, often referred to as “horchata.”

Horchata Recipe

3 1/2 cups of water

1 cup white rice

Add rice to boiling water and heat on medium flame until rice is cooked (approximately 20–40 minutes). Drain and collect water. Sweeten to taste—but avoid over-sweetening. Drink warm or chilled, over ice. You can also add bouillon.