



PERFECT PLUMBING: Nutrition Guidelines for the Treatment of Diarrhea

Having diarrhea is not a pleasant experience. You do not want to add to the problem by eating the wrong foods. Use the following guidelines when you have diarrhea *and watch your plumbing improve!*

Step 1: Reduce Intake of Foods That May Worsen Diarrhea:

This includes many high-fiber foods such as raw fruits and vegetables, whole grains and nuts.

Fruits

Most fresh fruit
Dried fruit

Vegetables

All raw vegetables
Salad
Legumes (beans, lentils)

Breads/Grains

Bran
Whole grain products
(except oat products)

Other

Strong cheese
Alcohol
Prune juice
Caffeinated beverages
Greasy, fried or spicy foods
Nuts or seeds

Step 2: Choose Foods That May Be Well Tolerated with Diarrhea:

Fruits

Apples (no skin)
Apple Sauce
Bananas
Canned peaches
Canned pears
Citrus fruits
Mangos

Vegetables

Well cooked:
Carrots
Squash
Potatoes (peeled)
Sweet Potatoes (peeled)
Beets
Peas

Breads/Grains*

Oatmeal bread or oat products
White bread or toast
White rice
Crackers
Noodles
Barley

Protein

Chicken
Egg
Fish
Egg whites
Protein powder
Yogurt
Hummus
Tofu/soymilk

Other

Popsicles
Gatorade
Broth soups (warm, not hot)
Smoothie

* Look for <3 grams (g) fiber on food labels when purchasing breads, cereals and crackers, except for oat products. The fiber from oat products may be helpful for diarrhea.

Smoothie Recipe (12 oz = 350 calories, 14+ g protein)

- ½ c soy milk or lactaid milk or juice
- ½ c yogurt or frozen yogurt
- 1 scoop protein powder (soy or whey protein isolate)
- ½ cup canned fruit or banana

Step 3: Consuming Adequate Fluid is Very Important to Prevent Dehydration:

Try drinking Pedialyte; Gatorade; coconut water, and/or make ice cubes using these fluids to help replace electrolytes lost with diarrhea.

To schedule a nutrition appointment, please call MGH Ambulatory Nutrition Services (617) 726.2779.