



Food Hints for People with Diarrhea



Drink juices mixed with water in a 50:50 blend. Apple, orange, cranberry, grape, grapefruit, pineapple, and fruit punch are all fine. There are a lot of new “tropical blends” available. Dilute these, too.

Fluids

Sports drinks like Gatorade, Exceed, and Ultrafuel (dilute this one a lot) are well absorbed and give energy, but are pricey.

Non-acidic nectars such as mango, apricot, and banana juice are good, but still need to be diluted.

Proteins

Egg Beaters, hard-cooked eggs, tuna fish, baked or boiled chicken, turkey breast, lean beef or pork, tofu, seitan, and tempeh.

Starches

White rice, white rice, white rice, Cream of Wheat, Cream of Rice, white toast, saltine crackers, plain spaghetti or other pasta and noodles, and oatmeal.

Foods that act like glue to paste stools together

Jell-O, bananas, oatmeal, canned fruit, applesauce, mashed potatoes, white rice, gummy bears, and gum drops.

Sweets

Sugar cookies, rice cakes with jelly, gum drops, gummy bears, Twizzlers red licorice.

If diarrhea is really bad – 5 times a day or more – see a dietician to talk about “elemental” drinks like Vivonex, Alitraq, or Peptamen for nourishment that is well tolerated by and heals irritated intestines.



Food Hints for People with Diarrhea (cont.)



Your system may only tolerate 5 or 10 grams of fat at a meal, or 40 to 50 grams of total fat for the day.

Hint: ½ chicken breast, no skin, has 5 grams fat
1 pat of butter has 5 grams fat
1 tbsp. olive oil has 14 grams fat
a croissant has 22 grams fat
a Big Mac has 35 grams fat
2 scoops of premium ice cream has 30 to 40 grams fat

Do not worry about eating whole meals; just try to have a substantial snack every few hours. Between snacks, just sip juices or sodas.

You Can Try Low-Fat Versions of Your Usual Foods

2 scrambled eggs are better made with 2 egg whites and 1 egg yolk, and cooked in a no-stick pan with PAM, or use egg beaters.

Make pancakes without the milk, and put lots of syrup on them, but no butter or margarine.

In tuna or other sandwiches, use light or no-oil mayonaise. Use lean ham, turkey breast, lean roast beef; not salami, bologna, or regular hamburger in sandwiches.

Baked and broiled lean pork, beef, and lamb in small servings are fine. Chicken and fish are great. Use little fat to season potatoes, peas, pasta, or rice. Vegetables might have to be cooked until soft.

Eat the filling of the apple or lemon meringue pie, but just a little crust; it is oily.

Supplements like MCT Oil, Resource Fruit Beverage, and Lipisorb and Advera can help, too.

MCT Oil is a fat that is more easily digested than regular olive or other oils. Buy it as a body-builder supplement at a health food store in the mall. Add 1 or 2 tsp. to potatoes, cereal, soups, and juices. It has 40 calories per teaspoon.